USA GYMNASTICS

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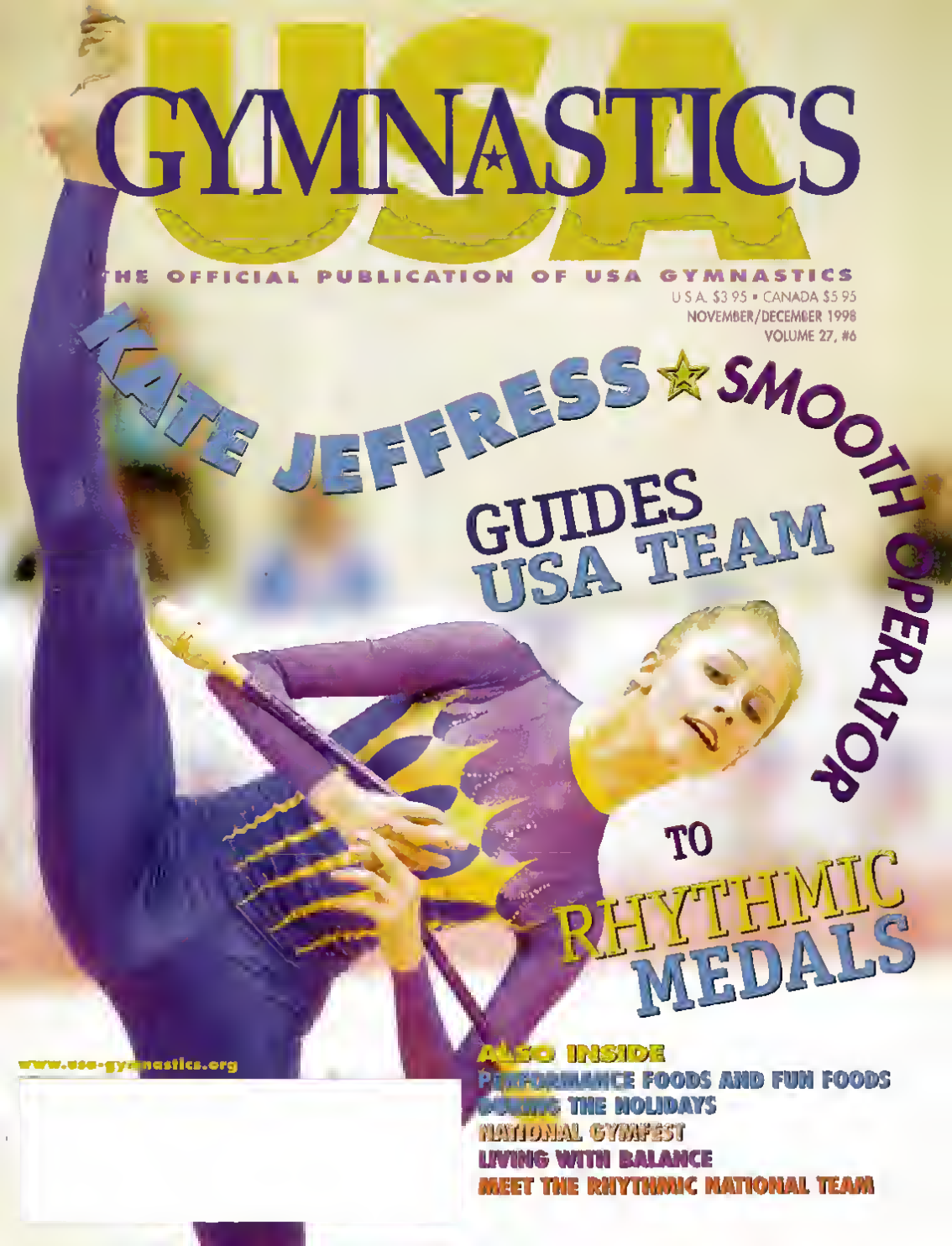

KATE JEFFRESS ★ SMOOTH OPERATOR GUIDES USA TEAM TO RHYTHMIC MEDALS

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ALSO INSIDE

- PERFORMANCE FOODS AND FUN FOODS
- [illegible] THE HOLIDAYS
- NATIONAL GYMFEST
- LIVING WITH BALANCE
- MEET THE RHYTHMIC NATIONAL TEAM

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Powered by a silver-medal performance in the all-around by Kate Jeffress, the United States claimed the bronze medal in rhythmic gymnastics team competition at the 1998 Senior Pacific Alliance Championships on the campus of the University of Manitoba in Winnipeg, Canada

KATE JEFFRESS: A SMOOTH TRANSITION 16

Kate Jeffress moved from Junior Rhythmic National Champion in 1997 to the all-around silver medalist at the 1998 Senior Rhythmic National Championships *USA Gymnastics* spoke with 15-year-old Jeffress regarding her background in the sport and her future goals

NATIONAL GYMFEST 18

More than 240 participants were involved with the four-day National Gymfest, held in Austin, Texas, September 4-7 The Gymnastics Association of Texas played host to this year's successful general gymnastics event!

LIVING WITH BALANCE 26

John Hancock sponsored a "Living with Balance" Essay and Drawing Contest which was announced in the March/April issue of *USA Gymnastics* magazine More than 200 of you submitted an essay or drawing and we want to give you a great big THANKS FOR PARTICIPATING! It was very difficult to select the winners because they were ALL SO GOOD! Check out the winning drawings and essays.

MEET THE RHYTHMIC NATIONAL TEAM 28

This summer eight rhythmic gymnasts qualified to the Rhythmic Senior National Team by finishing in the top eight at the 1998 Rhythmic National Championships. You'll meet these rhythmic gymnasts and find out a little about each one They travel nationally and internationally competing on behalf of the USA and they are the best in the country because they train many hours in the gym to perfect their favorite sport—Rhythmic Gymnastics!

Silver Lauren Menke, grand prize winner of the "Living with Balance" essay contest, fulfills her dream of riding in a limosine to a gymnastics competition.

Right: Rhythmic Senior National Team
USA GYMNASTICS PHOTOGRAPH BY STEVE LANGE

COVER PHOTOGRAPH OF KATE JEFFRESS BY STEVE LANGE.

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Inside USA gymnastics

Robert V. Colorossi
President of
USA Gymnastics

SETTING GOALS

The topic for this issue's editorial is "goal setting." That's exactly what I did a few weeks ago My goal was to hire an experienced, qualified, hard working rhythmic program director by the end of the year I'm happy to announce that my goal has been accomplished and we are even able to share the news with you in this issue

USA Gymnastics' new Rhythmic Program Director is Jan Exner from San Rafael, Calif. Jan brings a great deal of experience with her to the national office in Indianapolis Jan was the 1996 U S Olympic Coach for rhythmic gymnastics where she coached Olympian Jessica Davis In addition to being a former gymnast herself, Jan was the owner of Gymmarin Pacific, where she coached both women's artistic and rhythmic gymnastics Jan is certainly no stranger to hard work.

"I'm excited about the opportunities and challenges in the rhythmic program I hope to bring the program to a higher competitive level internationally and build up the numbers of competitive participants in the sport," said Exner

We're looking forward to seeing Jan in action as she works to build-up and guide the USA Rhythmic Gymnastics program in the United States

Well, speaking of hard work, I'm sure many of you are hard at work in gyms all across the country It's that time of year again The Junior Olympic competitive season is in full swing In fact, many of you may have already begun to compete Hopefully things are going well for you Now is a perfect time to think about what you want to accomplish this year Have you had a chance to sit down and set goals for the competitive season?

Whether you're a Level 4, Level 10, Class VII or Class I, it's always a good idea to set goals and strive to achieve them.

Here are a few things to remember.

1. **Write your goals down.**
2. **Make your goals realistic!**
3. **Set goals over which you have control.**

It is important to write your goals down so that you can refer to them from time to time to check on your progress Keep in mind when you are setting goals to make them realistic Don't expect to learn a triple back when you're still trying to perfect a layout. Also, remember to set goals that you actually have control over For example, you have no control over the scores the judges give you However, you do have control over keeping your legs straight and hitting all the elements in your routine.

I hope you have fun, work hard, and successfully meet your goals this season!

Bob Colorossi
Robert V Colorossi

It is with a terribly heavy heart that I report the passing of Brian Babcock. Brian lost a long and hard-fought battle with a blood disease on October 18, 1998 Brian was many things to many different people during his all-too-brief stay here He was a father, a husband, a coach, a friend to many, and a national champion in the sport he loved—gymnastics

Brian will be missed by all of us Our thoughts and prayers are with his family wife Tammy, daughter Jessica, stepdaughter Kristin, parents David and Micki, and brother Jeff The entire gymnastics community shares their loss

Donations may be made to "Friends for Brian," 7704 N W Belevedere Parkway, Kansas City, MO 64152-4402.

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Do you have a health-related question to ask the USA Gymnastics Health Care Referral Network? If so, send it to *USA Gymnastics* magazine, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

Q What is considered a good diet for gymnasts? I'm an optional gymnast and I don't know how to eat right. Last summer I lost too much weight and I don't want that to happen again. I would like to know when is the best time to eat before a 4:00 p.m. workout and after, and how many grams of fat and calories should I be getting? I saw a nutritionist but I would like a second opinion. THANKS

A When you look at the best diet for a gymnast—you want one that fuels your muscles for the work they have to do for the sport. The preferred fuel is carbohydrates! Our muscles and brain run on carbohydrates like potatoes, pasta, corn, beans, fruits and vegetables. We certainly know we need to have a balance of protein to also make sure we keep our muscles strong and some fat to make sure our bodies and nervous system run correctly.

As for the timing of meals, if your workout is at 4:00 p.m. try to eat a snack of carbohydrate and a little protein around 2:30-3:00 p.m. This would be ideal. An example of this would be a bagel with a little peanut butter and apple juice or fruited yogurt and some crunchy pretzels. This would provide you some carbohydrates for your muscles to use during practice and hopefully it would be digested easily so it doesn't sit in your stomach. Some gymnasts prefer a fruit smoothie before workout. After workout, it is just as important to make sure you replenish your muscles with fluid like fruit juice, milk or water and carbohydrates and protein like a bean burrito or bowl of cereal with a banana.

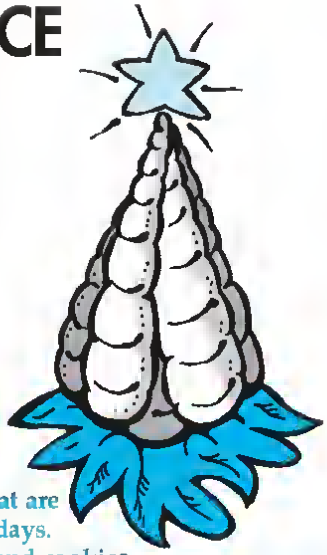
The ideal calorie amount is hard for me to say without knowing some things about you, but in general, remember to eat small meals every 3-4 hours at at least 300 calories (this is the minimum to support blood sugar). Fat is always an issue to watch. The best guideline would be typically to keep fat low by reading labels and eat under 35 grams per day.

I always hesitate to put guidelines down like this because we want fuel for the body (food) to remain fun to eat and nourishing. Remember there are no good foods and no bad foods! As you are still growing, we want nutrition for building, too.

I hope this helps. A good book is *Nancy Clark's Sports Nutrition Guidebook*. It is written for athletes, although not specific for gymnasts. She has good suggestions for how to fuel our bodies to get the proper carbohydrates and protein!

Good Luck! *Patti Tveit Milligan, MS, RD*

PERFORMANCE FOODS AND FUN FOODS DURING THE HOLIDAYS!



By Mary Sawa, RD and Kim LaPlana, MS, RD

This year make the most of the holiday season while optimizing your performance. Many gymnasts (and coaches) have forbidden "bad" foods that are often plentiful during the holidays. Goodies such as fudge, candy and cookies taste good for the moment but, because we have labeled them bad foods, they often leave us feeling guilty about ourselves if we eat them. Likewise, if we stick to the "good" foods like fruits, vegetables, turkey and mashed potatoes, we pat ourselves on the back and take pride in our discipline. (Even though we would still love to have a taste of the pumpkin pie!)

Let's be realistic! What would the holiday season be like if we didn't indulge and enjoy those special seasonal treats? Believe it or not, there is a way to enjoy the tastes of the season and still maintain a disciplined healthy attitude toward food. Here's how.

First, erase the good food/bad food mentality. This philosophy is nutritionally inaccurate, so throw it out! Instead, identify foods as **"Performance Foods"** and **"Fun Foods."** Performance foods make you a better gymnast, while fun foods give you a healthy attitude toward eating.

WHAT IS A PERFORMANCE FOOD?

Performance foods may be high in carbohydrates to give you energy to fuel your workouts. They may also include protein to build strength and build and repair muscles. Some performance foods also have a little fat, which is important for nerve transmission and proper growth. Most importantly, performance foods are packed with valuable vitamins and/or minerals to make everything in your body perform like clockwork. Vitamins and minerals do not provide energy themselves, but help the body convert food into fuel.

WHAT IS A FUN FOOD?

Remember food is fuel, but food still needs to be fun. If your food doesn't measure up to the performance food criteria and is high in simple sugar or fat with little or no vitamins, then it is a fun food. Fun foods provide balance to the overall diet and satisfy our body's natural (and healthy) craving for certain tastes. Examples of holiday Performance and Fun Foods are listed on the next page.

HOLIDAY PERFORMANCE FOODS

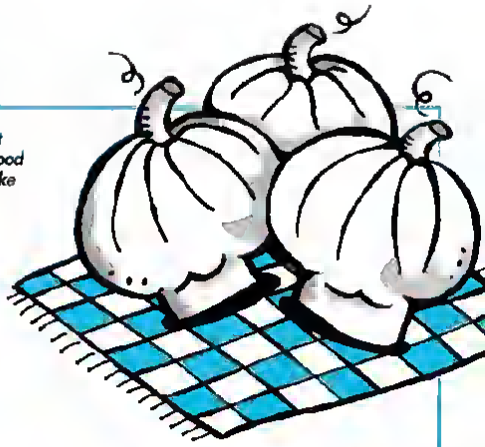
Tasty Turkey
Candied Sweet Potatoes
Carrot Slices
Green Beans
Broccoli Spears
Healthy Ham or Roast Beef
Cranberries
Stuffing
Nuts
Cheese and Crackers

HOLIDAY FUN FOOD

Fudge
Pumpkin Pie
Chocolate Candy
Gingerbread Cookies
Candy Canes
Egg Nog
Apple Cider
Whipped Cream

HOLIDAY PUMPKIN MUFFIN

This holiday recipe combines great carbohydrates of a performance food with some yummy toppings to make it a fun food as well.



1/2 cup Egg Beaters
1 cup canned pumpkin
3/4 cup skim milk
2 cups all purpose flour
2 tsp. Pumpkin pie spice
3 tsp. baking powder
1/2 cup applesauce
3/4 cup raisins
Cream cheese frosting

Heat oven to 400 degrees. Mix egg product, applesauce, milk, pumpkin and raisins. Stir flour, pumpkin spice and baking powder until flour is moistened. Batter should be a little lumpy. Spoon batter into greased muffin cups and bake until golden brown, about 20 minutes.

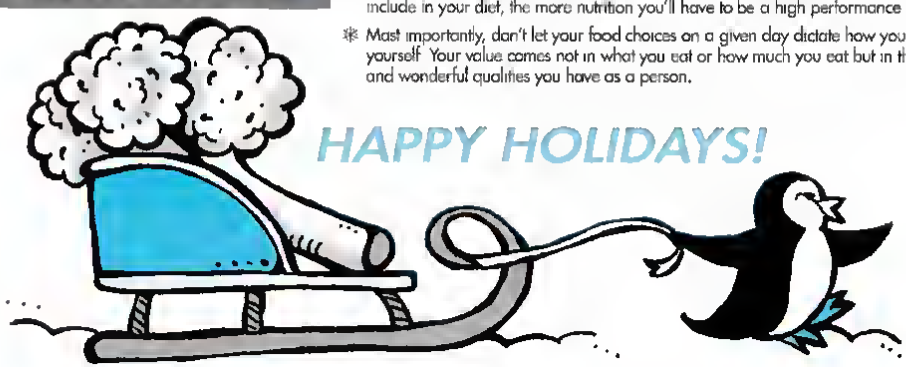
Spread cream cheese frosting and top with your favorite fun food (Try dried cranberries, blueberries or holiday M&M's)

BALANCING PERFORMANCE AND FUN FOODS

Remember that "Nutrition Conditioning" is all about balancing food choices. During the holidays, try to keep performance foods at 80% of your diet and the remaining 20% can be fun foods. Here are a few guidelines to follow so all foods fit into your diet. You will still be able to enjoy your fun foods while remaining a high performance machine throughout the holiday season.

NUTRITION CONDITIONING THROUGHOUT THE HOLIDAYS

- Maintain a normal eating schedule. If you are going to a party at the gym after practice, do not skip meals to save room. This will cause you to eat too many fun foods.
- Enjoy fun foods after you have your performance foods. Remember you are an athlete first and your body needs nutrients for fuel and performance.
- Trust your body to eat when hungry and stop when full.
- View food as fuel and not something to fear or resist.
- Healthy eating is flexible and may vary with your holiday schedule, emotions and hunger.
- Healthy eating takes time and planning.
- Remember to add color to your meal. The more orange, yellow, green and red foods you include in your diet, the more nutrition you'll have to be a high performance machine.
- Most importantly, don't let your food choices on a given day dictate how you feel about yourself. Your value comes not in what you eat or how much you eat but in the unique and wonderful qualities you have as a person.



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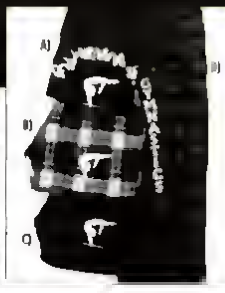
Risk tee/towel/gym bag/pillowcase. Yellow, blue graphic, red design. White tee YA, YL, AS, AM, AL **$16.95** *TSRW* White bath towel, 36" x 60" **$22.95** *TOWR* Yellow nylon gym bag: 8" x 14.5" **$14.95** *BTY*

Knit shorts with gymnast waist & leg. Athletic grey with black design. YA, YL, AS, AM, AL, XL **$15.95** *BKI*



Mix 'n Match.
Flannel boxers, pants, shirts, sweatshirts.
A) Navy Shadow tee. YS, YM, YL, AS, AM, AL, XL **$15.95** *TSSHADR*
B) Navy & white with green & yellow plaid boxers. YS, YM, YL, AS, AM, AL, XL **$15.95** *2S27*
C) Navy, green plaid boxers. YS, YM, YL, AS, AM, AL, XL **$15.95** *BOZ8P*
D) Navy, green plaid pants. YM, YL, AS, AM, AL **$19.95** *PJ8P*
(not shown) Navy Shadow sweatshirt YL, AS, AM, AL, XL **$23.95** *SWSHADR*

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(not shown) White towel, blue design. 16" x 26" **$5.95** *134U15*

Gotta tees. White tee with black and red. Female gymnast YS, YM, YL, AS, AM, AL, XL **$17.95** *TS3W* White tee with black and red. Male gymnast YS, YM, YL, AS, AM, AL, XL **$17.95** *13M14*

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B) Black vinyl sport watch, red design. **$12.95** *4W34*

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E) Choker with silver walkover charm **$7.95** *C15*

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F) Charm **$12.00** *C5*
G) Earrings **$15.95** *E15*
(not shown) 16" chain **$4.00** *CH1*
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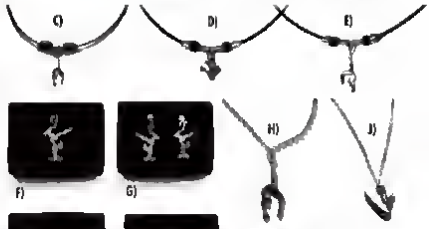
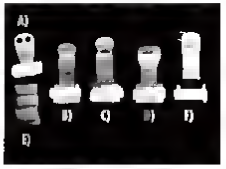


Gold-plated jewelry
H) Beam necklace **$9.95** *PEND8*
J) Bars necklace **$9.95** *PEND9*
K) Beam earrings **$9.95** *EAR8*
L) Bars earrings **$9.95** *EAR9*



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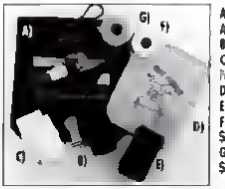

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C) Wrist bands. White **$1.75** *WRISTB*. Purple **$1.95** *WRISTP*
D) Natural canvas grip bag. **$6.00** *PGRIP*
E) Blue nylon non-wind bands. S M, L **$7.00** *pr WRIST*
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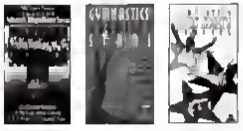
NEW AND FUN!



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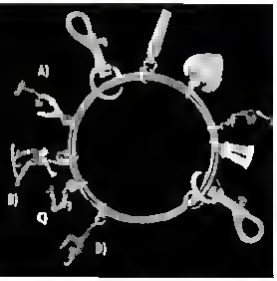

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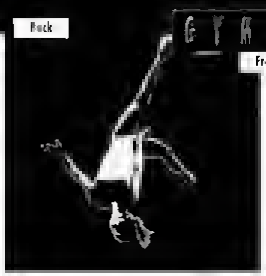

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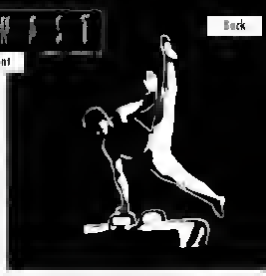

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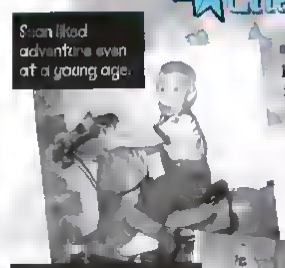
Scrapbook of Champions

Have you ever wondered what top gymnasts in the U.S. looked like as children? Perhaps you wondered if they were always so muscular and lean?

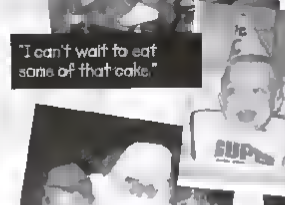
USA Gymnastics will feature a national team member each issue and, through scrapbook photos, show you what he or she looked like while growing up.

For this issue, *USA Gymnastics* has taken photos directly from Sean Townsend's scrapbook. Sean is 19 years old and a gymnast at Texas Sports Ranch. He's had a successful and busy year in 1998! He finished ninth all-around at the Goodwill Games, fourth on parallel bars at the Pacific Alliance and helped his team earn the bronze medal. Sean was also a member of the gold medal team at the 1998 International Team Championships and took fourth all-around at the John Hancock U.S. Gymnastics Championships.

Let's take a look at Sean as he was growing up!



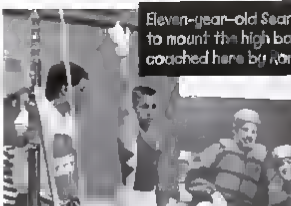
Sean liked adventure even at a young age.



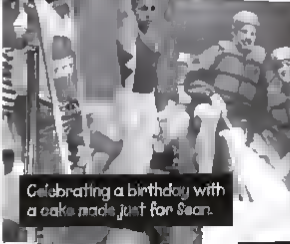
"I can't wait to eat some of that cake."

Sean and his sister tell Santa what they want for Christmas.

Bart Conner gives young Sean some words of encouragement.



Eleven-year-old Sean is ready to mount the high bar. He's coached here by Ron Harpen.



Sean, his sister Tiffany, and dad Frost try a sport besides gymnastics!

Celebrating a birthday with a cake made just for Sean.

Here's Sean hanging out by the Christmas tree in 1997.

Sean's surrounded by his friends Todd Thornton, Coach Kevin Mazeika and Mike Evans.

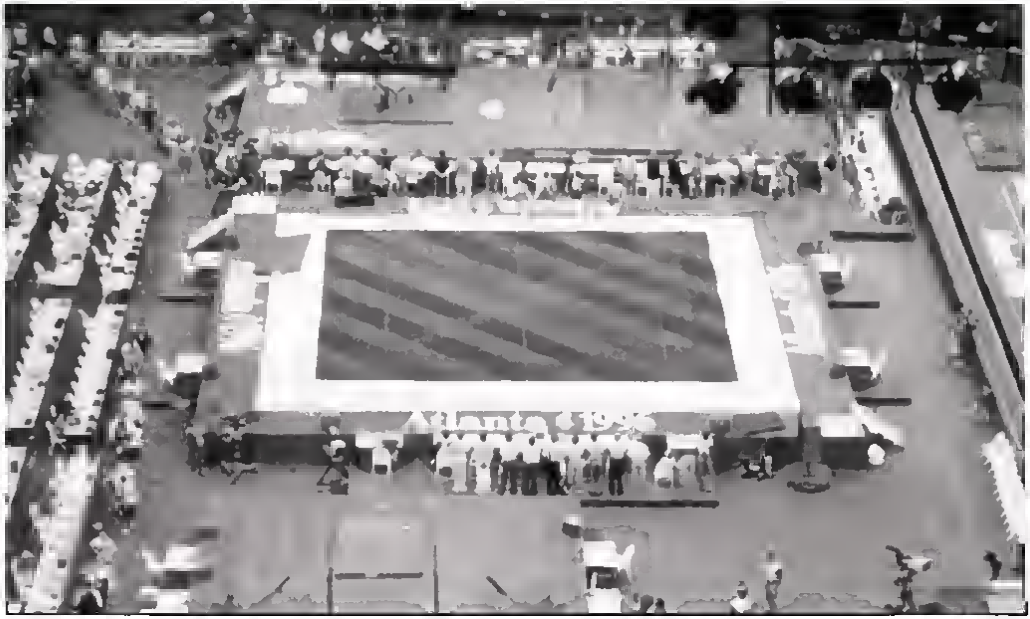
Here's Sean and his sister in 1987.

Sean competing at the 1998 International Team Championships.

SEAN TOWNSEND

Birth Date: January 20, 1979
Hometown: Dallas, Texas
Residence: Houston, Texas
Club: Texas Sports Ranch
Coaches: Kevin Mazeika, Brian Babcock
Began Gymnastics: 1988
Hobbies: Playing pool and going out with friends

USA GYMNASTICS PHOTOGRAPHS © STEVE LANGE



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JEFFRESS, USA TEAM CLAIM RHYTHMIC MEDALS

By Craig Bohnert

POWERED BY A SILVER-MEDAL PERFORMANCE IN THE ALL-AROUND BY KATE JEFFRESS OF RHYTHMFLEX GYMNASTICS IN ROCKVILLE, MARYLAND, THE UNITED STATES CLAIMED THE BRONZE MEDAL IN RHYTHMIC GYMNASTICS TEAM COMPETITION AT THE 1998 SENIOR PACIFIC ALLIANCE CHAMPIONSHIPS ON THE CAMPUS OF THE UNIVERSITY OF MANITOBA IN WINNIPEG, CANADA.

[illegible]-year-old Jeffress scored a 74.517 to take the silver [illegible] ind Julie Lombaro of Canada, who scored a 75.400. [illegible]ched by Catherine Yakhimovich, said, "It was a lot of [illegible] wasn't having my best meet so I didn't expect to place so [illegible] It was a nice surprise."

[illegible]xteen-year-old Ellie Takahashi from Torrance, Calif., and [illegible] Academy of Rhythmic Gymnastics, was added to the [illegible] USA Rhythmic National Champion Natalie Lacuesta [illegible] to withdraw. Takahashi took sixth all-around with a [illegible] 2.766. Tak[illegible]ashi, coached by Olga Morozova, said, [illegible] rd to co[illegible] at the Pacific Alliance because I was a [illegible] replacement and I was already working on new rou[illegible] next season.

Kassy Scharringhausen, 16, of Duluth, Ga., and Atlanta International Rhythmic Gymnastics, rounded out the bronze-medal team for the USA. Scharringhausen, coached by Marina Davidovich, finished eighth in the preliminary all-around competition. Scharringhausen said, "I thought it was a very good meet. We all had a lot of team spirit, worked hard and pulled together to earn a team medal. It was an exciting competition."

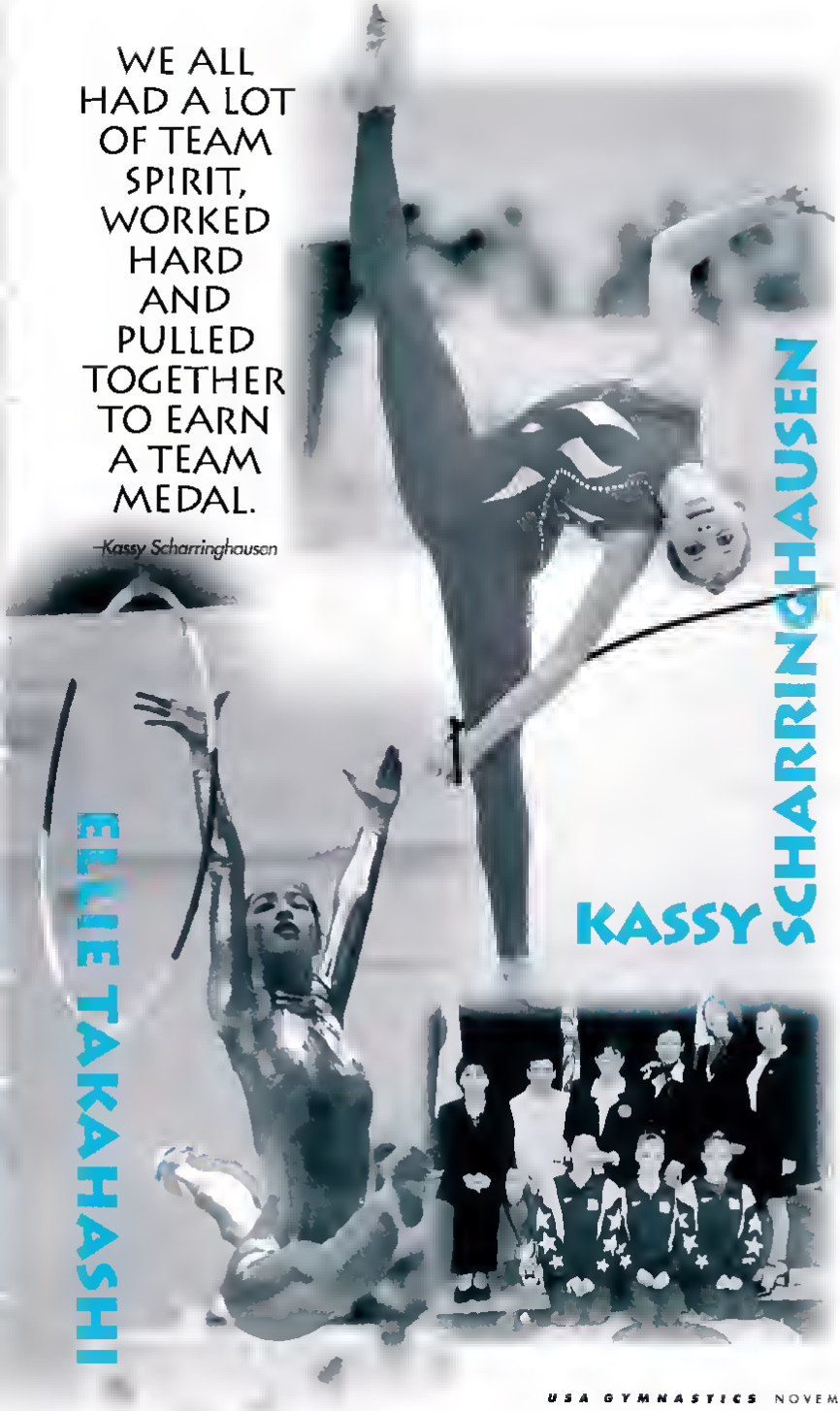
Jeffress represented the USA in all four apparatus in the individual event finals, claiming a bronze in the hoop and taking fourth in rope and clubs and eighth in ribbon. Takahashi was fifth in ribbon and sixth in hoop, while Scharringhausen was eighth in rope. Canada's Lombaro completed a sweep of the individual gold medals by winning all four individual apparatus, completing a sweep of all golds by the host Canadians.

KATE JEFFRESS

USA GYMNASTICS PHOTOGRAPHY/ERIC SCHAFER

WE ALL HAD A LOT OF TEAM SPIRIT, WORKED HARD AND PULLED TOGETHER TO EARN A TEAM MEDAL.

—Kassy Scharringhausen


KASSY SCHARRINGHAUSEN
ELLIE TAKAHASHI

INDIVIDUAL EVENT FINALS

ROPE

1	Julie Lambara	Canada	19.017
2	Sanka Kovarevic	Canada	18.683
3	Shaneez Johnston	Australia	18.650
4	Kate Jeffress	USA	18.483
5	Mikako Iwamoto	Japan	18.373
6	Leigh Morning	Australia	17.858
7	Gemma Railton	New Zealand	17.817
8	Kassy Scharringhausen	USA	17.742

HOOP

1	Julie Lambara	Canada	18.966
2	Katia Iafolla	Canada	18.800
3	Kate Jeffress	USA	18.783
4	Shaneez Johnston	Australia	18.717
5	Carolyn Au Yong	Malaysia	18.666
6	Ellie Takahashi	USA	18.583
7	Mikako Iwamoto	Japan	18.484
8	Danielle Leroy	Australia	18.408

CLUBS

1	Julie Lambara	Canada	18.916
2	Carolyn Au Yong	Malaysia	18.767
2	Katia Iafolla	Canada	18.767
4	Kate Jeffress	USA	18.716
5	Thye Chee Kait	Malaysia	18.634
6	Mikako Iwamoto	Japan	18.633
7	Danielle Leroy	Australia	18.434
8	Kayako Miyazaki	Japan	18.033

RIBBON

1	Julie Lambara	Canada	18.917
2	Shaneez Johnston	Australia	18.800
3	Katia Iafolla	Canada	18.650
4	Mikako Iwamoto	Japan	18.567
5	Ellie Takahashi	USA	18.400
6	Carolyn Au Yong	Malaysia	18.383
7	Kristy Darrah	Australia	18.175
8	Kate Jeffress	USA	18.000

ALL-AROUND

1	Julie Lambara	Canada	75.400
2	Kate Jeffress	USA	74.517
3	Katia Iafolla	Canada	74.358
4	Shaneez Johnston	Australia	73.442
5	El Beg Tajudin	Malaysia	73.092
6	Ellie Takahashi	USA	72.766
7	Carolyn Au Yong	Malaysia	72.758
8	Mikako Iwamoto	Japan	72.308
9	Danielle Leroy	Australia	72.275
10	Kayako Miyazaki	Japan	71.992
11	Simone Clark	New Zealand	68.583
12	Gemma Railton	New Zealand	68.242
13	Yi-Chen Chen	Chi. Taipei	66.517
14	Hsiao-Lan Ho	Chi. Taipei	66.250
15	Karen Gutierrez	Mexico	61.800
16	Claudia Gangora	Colombia	60.333
17	Laura Escalante	Mexico	59.367
18	Wai Ling Yeung	Hong Kong	36.708
19	Wun Sze Tong	Hong Kong	36.050

TEAM RESULTS

1	Canada	183.683
2	Australia	179.900
3	United States	178.175
4	Malaysia	174.175
5	Japan	173.625
6	New Zealand	168.558
7	Chinese Taipei	164.008
8	Mexico	150.900
9	Colombia	116.458
10	Hong Kong	104.517

USA Team included: Kate Jeffress, Rockville, Md., Kassy Scharringhausen, Duluth, Ga., and Ellie Takahashi, Torrance, Calif.

Kate Jeffress moved from Junior Rhythmic National Champion in 1997 to the silver medalist in the all-around at the 1998 Senior Rhythmic National Championships. She also took second all-around at the 1998 Pacific Alliance Championships and helped her team earn the bronze medal.

USA Gymnastics spoke with 15-year-old Jeffress regarding her background in the sport, her performance at the Pacific Alliance and her future goals. Here's what she had to say!

a SMOOTH TRANSITION

By Luan Peszek

I see that you began rhythmic gymnastics at age 9, how did you get started? **I was doing dance from about age 6 to age 9. I quit because I didn't like the new dance teacher. Then I got a flyer in the mail about rhythmic gymnastics. It said the sport combined dance and gymnastics. I thought it might be a good fit for me. I found that rhythmic gymnastics was a lot of fun.**

Have you always been really flexible or do you have to work at it? **I've always been pretty flexible. I could always do right splits but I had to work to get left and middle splits. I stretched a lot, even at home.**

What do you like most about rhythmic gymnastics? **Oh gosh. I don't think there's one thing that sticks out. There are so many fun things. For one, I like traveling to competitions. My teammates and I are all super close friends. We always act goofy on trips, which is a lot of fun. Plus, rhythmic gymnastics is always challenging. You're never completely perfect. There's always something to work on! I like that.**

How many hours a week do you train? **I train about 25 hours per week.**

Tell us about an average day for you. **I go to school from 7:25-12:25 and then to gym from 1:00-6:00. When I get home I have dinner, do homework and whatever else I have to do.**

How did your school allow you to be released at 12:25 p.m.? **My family sent a letter to school to see if it was possible to have a shortened schedule since I was training at the elite level in my sport and needed the time in the gym. The school approved it.**

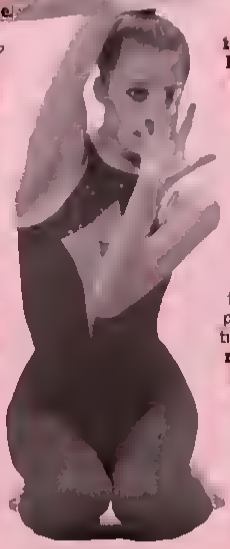
Tell me about school. **I'm a sophomore. I have five classes this semester: Technology Education; National, State and Local Government; English; Algebra 2; and Biology. I get mostly A's and B's. I think my grade point average is about a 3.7 out of 4.0. If I have extra time during school I try to work on homework so I don't have to stay up so late. I also do a lot of homework on the weekends.**

Do you ever have free time to just goof around? **Yes, especially since we switched practice so that we get off earlier now. We used to train until 8:00 p.m., so I couldn't start homework until 9:00 p.m. Now we get off at 6:00 p.m. It's nice to finish so early.**

What do you like to do in the small amount of free time that you have available? **I like to talk to my friends on the phone and go to the movies. Also, my friends and I have lots of sleepovers!**

Tell me about your family. **My mom is an accountant and my dad is a project manager—he builds Marriott hotels. They're very supportive of me and my younger sister, Erin. My mom leaves work everyday to drive my sister and I to the gym. My parents come to all of our meets!**

I know your sister Erin is on the Rhythmic Junior National Team. What's it like having a sister on the National Team? Do you train together? **I don't think she likes it very much because everyone calls her "Katie's little sister." She gets mad. Yes, we train together. She has a half-day schedule like mine, so we both practice from 1:00-6:00. We joke around a lot at practice. We have lots of inside jokes. We go to different schools this year but will go to the same school next year. Erin has awesome leaps and she's really flexible.**



Tell me about your coach, Catherine Yakhimovich. **She's very dedicated. She's an awesome choreographer. And she loves all of us girls very much. She's cool.**

Although rhythmic gymnastics is very popular in Europe and has been around for a long time, the sport is relatively new to the USA. In fact, it was competed in the Olympic Games in 1984 for the first time. How can the USA build the rhythmic program and become a powerhouse in the international arena? **I think we need to get more experience and we'll eventually be up there with the other top countries. We need to train more hours and compete in more international events. In Europe they train their whole life in the sport!**

Who is your idol in the sport? **I don't have one.**

Do you like to play or watch other sports? **I don't have time to play other sports but I like to watch basketball.**

What are your goals in the sport? **I just want to have good routines and let the results come! I think it would be really cool to compete in the World Championships or Olympic Games, but we'll see how things go!**

What are your future plans? **I'm planning on going to college, but I haven't really thought about which one. I'd like to be a physical therapist.**

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1998 NATIONAL GYMFEST

GymFest

PHOTOGRAPH BY MICHAEL COMMINS

Article by Dean Capeletti and Steve Whitlock

The Gymnastics Association of Texas was host of the 1998 National GymFest in Austin, Texas, September 4-7. There were more than 240 participants in the four-day event.

The Opening Ceremonies featured each group doing a unique gymnastics presentation. Over the next three days, each club performed its routines—showing a wide diversity of gymnastics talent and artistic choreography.

The groups included:

Basel's All-Stars (Spring, Texas) used the music, "We are Family" with family members doing gymnastics together. The performers tossed frisbees into the gallery!
GGAP Recognition for Reaching Out in the "Spirit of Family"

The Baytown Gym-Maniacs (Baytown, Texas) gave a tour through Hollywood with a creative routine utilizing a number of props and gymnasts from young to adult. They used a combination of gymnastics, dance and stunts.
GGAP Recognition for "Hollywood Style" and Creative Use of Props

Biron's Gymnastics Show Team (Houston, Texas) displayed wonderful costumes, choreography and group management to come up with a memorable routine
GGAP Recognition for Integration of All Performers and Outstanding Choreography

Capitol Gymnastics Performance Team (Austin, Texas) turned the lights down and performed a routine with glow in-the-dark wands. The mystical aired effect with tumbling, dance and stunts was a real treat.
GGAP Recognition for Original Use of Illumination and Dance.

Greenville Gymnastics (Greenville, SC) combined high energy enthusiasm, snappy costumes and creative use of gymnastics apparatus to create a crowd pleasing routine.
GGAP Recognition for showing the "Spirit of the GymFest" with Participation by All Ages.

Gymnastic Plus (Southlake, Texas) showed just how good a group can look, showing precision formations, props, gymnastics and pyramids.
GGAP Recognition for Creative Choreography and Excellent Musical Editing

PHOTOGRAPH BY MICHAEL COMMINS

Isis Gymnastics (Highland Village, Texas) applied creative use of costumes and dance to portray its story to the audience
GGAP Recognition for Elegant Dance in the Classical Manner

North Star Gymnastics (McKinney, Texas) brought everyone to the Circus with homemade costumes and a big circus tent
GGAP "Rainbow" Recognition for Outrageous Color and Elegant Elephants

Sokol KHB (Ennis, Texas), thrilled the crowd with a mix of comedy, costumes and talent
GGAP Recognition for Great use of Comedy and Original Costumes

Westport YMCA traveled all the way from Connecticut to show outstanding dance, stunts and creative choreography that ended with "God Bless Texas"
GGAP Recognition for Outstanding Jazz Dancing and Acrobatics

World of Gymnastics (Woodstock, GA) provided a combination of club participants – advanced gymnasts, dancers, recreational gymnasts, parents and even the coaches.
GGAP Recognition for Integration of Acrobatics and Dance.

The Texas All-Stars presented a large group routine. Large group routines are performed in an outdoor venue (in Texas, at a football field, and in Sweden, at a soccer field). This was the first public showing of the routine that the Texas All-Stars will perform in Göteborg, Sweden during the 11th World Gymnaestrada in Sweden. Eventually, the routine will showcase more than 150 gymnasts from various Texas clubs in a half-time type performance with a Texas theme. The routine, choreographed by Jodie Trncak, showed tumbling, dance, pyramids, mini-tramp, parachutes, nice costuming and more! The finale has all the performers throwing hundreds of black cowboy hats high into the air!

Following the Texas All-Star routine, Taby Towson, USA Gymnastics/General Gymnastics National Choreographer, provided a preview of the U.S. Delegation contribution to the Closing Ceremonies for the 11th World Gymnaestrada in Göteborg Sweden. The USA is one of five countries invited to participate in this special aspect of the Closing Ceremonies. The routine is a joyous celebration of gymnastics done to the music from "Ragtime."

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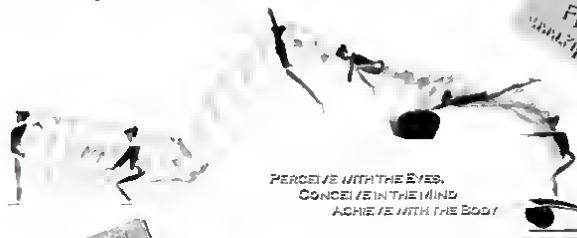

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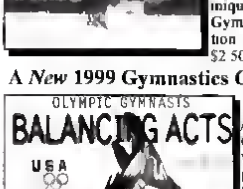

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EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)

NOVEMBER

12	National Gymnastics Foundation Board Meeting	Indianapolis, IN
13-15	USA Gymnastics Executive Committee/ Board Meetings	Indianapolis, IN
12-15	Future Stars National Championships (M)	Colo Springs CO
12-15	Coaches Workshop (M)	Colo Springs, CO
14-15	Chunichi Cup (M)	Nagoya, JPN

DECEMBER

5-6	National TOPs Training Camp (W)	Tulsa, OK
7-14	PAGU Interclub Championships (M/W)	San Jose, CRC

JANUARY 1999

30	Beese's Gymnastics Cup (M/W/R)	Phoenix, AZ

FEBRUARY

10 13	USA Gymnastics Winter Cup Challenge (M)	Los Vegas, NV
12-14	American Classic, American Challenge & Pan American Games Trials (W)	Pomona, CA
13 14	Rhythmic Challenge & Elite Group Competition (R)	TBD
TBD	American Challenge (W)	TBD

MARCH

4-6	Visa American Cup (M/W)	St Petersburg, FL
7	International 3 on 3 Gymnastics Championships (M/W/R)	St Petersburg, FL
26 27	International Team Championships (M/W Srs/Jrs)	Richmond, VA
27-28	Level 10 State Meets (W)	Various Sites

APRIL

10	NCAA Regionals (W)	Various Sites
10 11	J O National Championships, Individual & Group Competition (R)	Syracuse, NY
16-18	Level 9/10 Regional Championships (W)	Various Sites
22 24	NCAA National Championships (W)	TBD
24-25	Level 10 Regional Championships (W)	Various Sites
24-26	Level 9 Championships (R)	TBD
TBD	USA Gymnastics Collegiate Championships (M/W)	TBD
TBD	USA Gymnastics National Invitational Tournament (W)	TBD

MAY

6 9	J O National Championships (M)	Houston, TX
7 9	Level 9 East/West Championships (W)	TBD
14-16	J O (Level 10) National Championships & World University Games Trials (W)	Austin, TX
15	Rhythmic Western Open & Elite Group Competition (R)	San Rafael, CA
21-23	USA Gymnastics Executive Committee/ Board Meetings	Indianapolis, IN
22	Rhythmic Eastern Open (R)	TBD

JUNE

10-13	Four Continents (R)	Jacksonville, FL
16-18	U.S Challenge (W)	TBD
24-27	U S Rhythmic National Championships (R)	TBD

JULY

2 13	World University Games (M/W/R)	Palma de Mallorca, ESP
4 10	World Gymnaestrada (GG)	Gateborg, SWE
24-Aug. 8	Pan American Games (M/W/R)	Winnipeg CAN
29 Aug. 1	PAGU Congress	Winnipeg, CAN
TBD	U S Classic/National Gymnastics Festival (W)	Rochester NY
TBD	PAGU Interclub Championships (M/W/R)	Cordoba ARG

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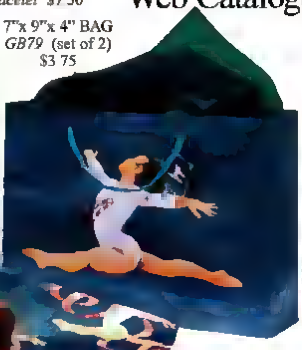

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92 Front Back

If you can't take the heat

20 Tossed and Turned all night. Slept through the alarm. Was late for school. Completely spazed the test. Broke up with my boyfriend. Went to Gym. Not a Bad Day

21 Champions quit when they hold the GOLD!

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My Boyfriend Said If I Spend Another Weekend At Hell I'll Be Alone

01 I'll Sur... Him

06 Front/Back

16 Gymnastics Floor

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GRAND PRIZE WINNER

Lauren Menke, who is a Level 10 gymnast, won the trip to the John Hancock U.S. Gymnastics Championships. Afterwards, we asked Lauren a few questions about her experience. Here's what she had to say!

living with balance

Living with Balance

By Lauren Menke

B Begin by becoming a good sport no matter how a competition turns out. It saves emotional and mental energy.

A Allow for mistakes by everyone because no one is really perfect. Expecting perfection rather than personal excellence causes stress.

L Loosen up. Having fun going bowling, biking, skiing, or reading freshens up your attitude.

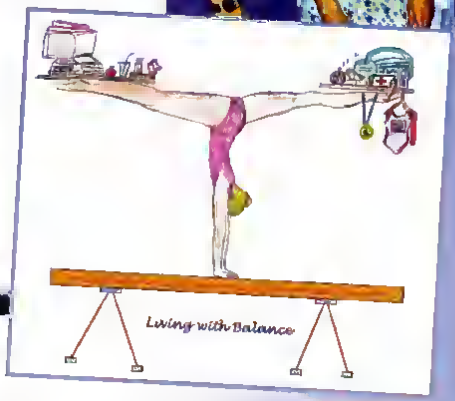
A Always say thanks, and show appreciation. I depend on a lot of support from my family to stay organized. Attitude really is everything. It shapes the way we look at our situations, terminates progress and pressure.

N Never say can't because you can. You just don't have it at the moment. Impatience causes stress.

C Courage to try new things. Courage to say "no". My friends can't expect me to always be available.

E Eat the right foods for muscle development, maximum energy, nutritional value.

Grand Prize Winner
Name: Lauren Menke
Home: Granger, Indiana
Gym: Gymnastics Michiana
Coach: Dan Poe and Amy Jo Gnott
Age: 11



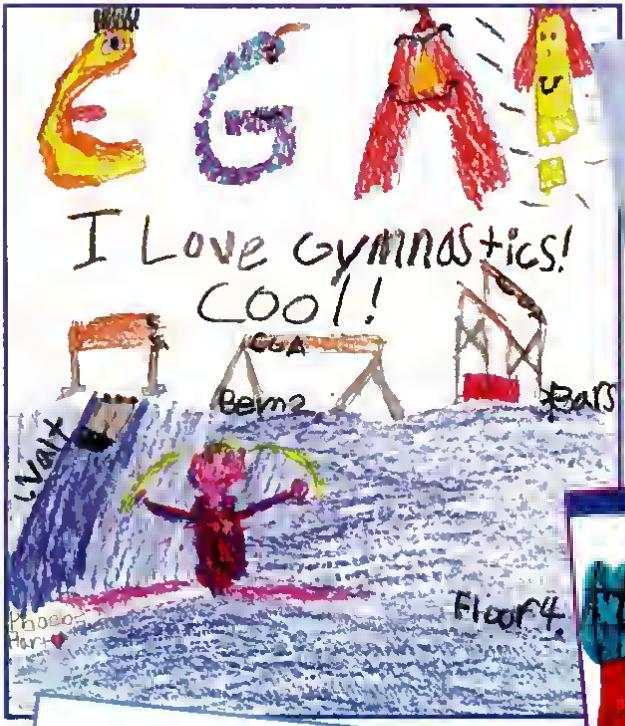
Who went with you in the limo?
My coach, Dan Poe; a visiting coach from England, Lisa Payne, my mom, Julie Menke; my sister, Christina, and Dan's son and daughter, Andy and Erin Poe.

What did you think of the limo ride?
Ever since I was about 7 years old, I've wanted to own my own gym, coach my own team, and drive them to gymnastics meets in a limo. One of the most exciting things for me was to see the limo parked in front of my house. It was awesome, and much bigger than I expected. That's when I really got excited about the trip.

What was the best part of winning the contest?
The best part of winning the contest was the surprise of winning. I just never thought about the contest once I had mailed in my entry. The news that I had won came at a perfect time. I had just broken my ankle for the second time that season. I practice very hard, and probably pushed myself a little too much. I landed short on a double full and then fell on a front tuck on the beam. I'm okay now. I'm getting back into full practices. One of my favorite feelings about gymnastics is accomplishing something new. So when I got the telephone call that I had won, it shocked me and cheered me up big time.

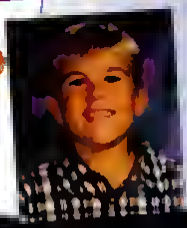
What was the best part of the trip?
All of the people that I met were very, very nice to me. The hospitality I received from the representatives from John Hancock and USA Gymnastics was special. It was also great to get the autographs of some of my favorite gymnasts!

WINNERS—6 AND UNDER AGE GROUP



1st Place
Name Phoebe Hart
Home
Liberty Township, Ohio
Gym Cincinnati Gymnastics Academy
Coach Sharon Lichey
Age. 6

3rd Place
Name Mackenzie Pacovsky
Home
Orono, Minnesota
Gym. Minnetonka-Hopkins Gymnastics
Coach· Todd Gysland;
Age 6



2nd Place
Name. Bradley Rudolph
Home· Apple Valley, Minnesota
Gym TAGS (Thompson Academy of Gymnastics)
Coach Bill Corcoran
Age 6

John Hancock sponsored a "Living with Balance" Essay and Drawing Contest which was announced in the March/April issue of *USA Gymnastics* magazine. More than 200 of you submitted an essay or drawing and we want to give you a great big THANKS FOR PARTICIPATING! It was very difficult to select the winners because they were ALL SO GOOD!

Lauren Menke from Granger, Ind., won the grand prize, which was a trip for four to the 1998 John Hancock U.S. Gymnastics Championships in Indianapolis, Ind. Lauren and a group of family and friends were driven by limousine to the event, given two nights in a hotel, tickets to the events, hospitality passes, t-shirts, programs and other goodies. Lauren also got the V.I.P. treatment as a guest at the event. (continued on page 30)

MEET THE RHYTHMIC SENIOR NATIONAL TEAM

NATALIE LACUESTA

1

HOMETOWN & RESIDENCE: Wilmette, Ill.

BIRTH DATE: November 15, 1981

CLUB: Rhythmic Gems

COACHES: Lana Lashoff, Galina Burns, Milena Gladkov

SCHOOL: New Trier High School

YEAR IN SCHOOL: 12th grade (Fall '98)

BEGAN RHYTHMIC GYMNASTICS: 1988

HOBBIES: Writing poetry, dancing, listening to music, going out with friends, spending time with sister.

INTERESTING FACT: Natalie is a two-time Junior and two-time Senior National Champion. She and her older sister started out as figure skaters. Natalie is very artistic and likes to write poetry. She is also an accomplished ballerina.

KATE JEFFRESS

2

HOMETOWN & RESIDENCE: Rockville, Md.

BIRTH DATE: April 5, 1983

CLUB: Rhythmflex; COACHES: Catherine Yakhimovich, Marina Gancharak

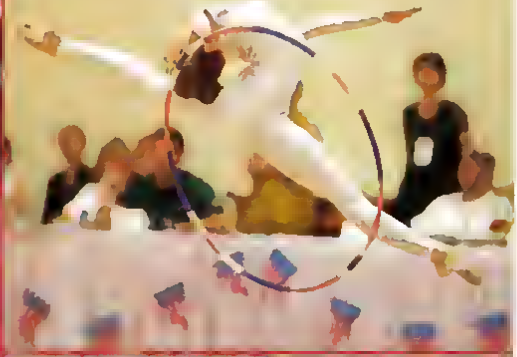
SCHOOL: Rockville High School

YEAR IN SCHOOL: 10th (Fall '98)

BEGAN RHYTHMIC GYMNASTICS: 1992

HOBBIES: Going to the movies, reading, hanging out with friends, baking

INTERESTING FACTS: Kate is the 1997 Junior National Champion and earned second all-around at the Senior National Championships in 1998. She was the silver medalist at the 1998 Pacific Alliance Championships and the gold medalist at the 1997 Four Continents Championships. Kate's younger sister, Erin, is a member of the Junior National Team. Kate maintains a 3.7 grade point average. She has several pets: a Labrador retriever, Zeke, a ferret named Izzy and fish.



KASSY SCHARRINGHAUSEN

3

HOMETOWN & RESIDENCE: Duluth, Ga.

BIRTH DATE: May 24, 1982

CLUB: Atlanta International Rhythmic Gymnastics Center

COACH: Marina Davidovich

SCHOOL: Duluth High School

YEAR IN SCHOOL: 11th (Fall '98)

BEGAN RHYTHMIC GYMNASTICS: 1989

HOBBIES: Reading, music, baseball games (Braves)

INTERESTING FACTS: Kassy finished third all-around at the 1998 Rhythmic Championships. She was a member of the bronze medal team at the 1998 Pacific Alliance and a member of the silver medal team at the 1996 Jr. Pan American Games. She started ballet at age 2, then did artistic gymnastics for a while but decided that she preferred rhythmic gymnastics. The 1996 Australia Championships was her first international meet and she made finals in all four of the events she competed, finishing third all-around. Kassy has a 4.0 grade point average and enjoys English and biology. She would like to become a doctor.

ELLIE TAKAHASHI

HOMETOWN & RESIDENCE: Torrance, Calif.; Birth Date: April 9, 1982

CLUB: California Academy of Rhythmic Gymnastics; COACH: Olga Morozova

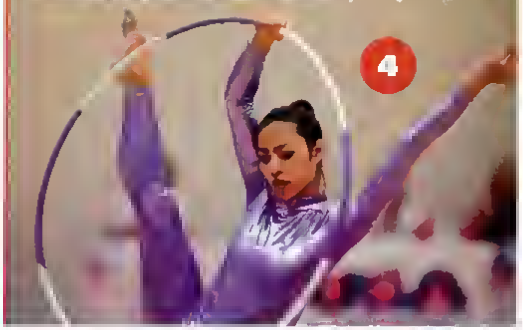
SCHOOL: North High School; YEAR IN SCHOOL: 11th (Fall '98)

BEGAN RHYTHMIC GYMNASTICS: 1996

HOBBIES: Listening to the radio, watching television and sleeping

INTERESTING FACTS: Ellie finished fourth all-around at the 1998 Rhythmic Championships. She was a member of the bronze-medal team at the 1998 Pacific Alliance Championships. Ellie has an older sister, Esther, who was formerly a rhythmic gymnast but now [illegible]. She has two cats and a dog named Mimi. Ellie [illegible] competes in golf tournaments.

4



SONY BASS © 1998 PHOTOGRAPHY USA

By Luan Peszek

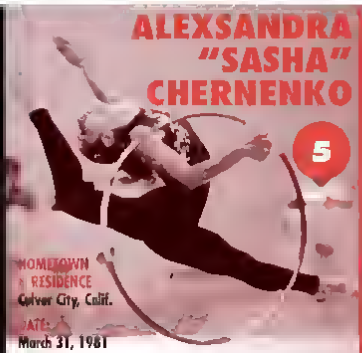
Ever try to toss a hoop up in the air and catch it on your foot? What about pitching two clubs in the air while executing a split leap and then regrasping the clubs without knocking yourself out? Okay, here's a simple one—try rolling a ball across your chest from one end of your fingertips to the other. It looks and sounds easy but it's not. This is RHYTHMIC GYMNASTICS.

It takes flexibility, agility, strength, gracefulness, precise timing and a lot of practice to perfect this sport. This summer eight rhythmic gymnasts qualified to the Rhythmic Senior National Team by finishing in the top eight at the 1998 Rhythmic National Championships.

Now you're going to meet these gymnasts and find out a little about them. These eight gymnasts travel nationally and internationally competing on behalf of the USA. They are the best in the country because they train many hours in the gym to perfect their favorite sport—Rhythmic Gymnastics!

ALEXSANDRA "SASHA" CHERNENKO

5



HOMETOWN & RESIDENCE: Culver City, Calif.

DATE: March 31, 1981

CLUB: California Academy of Rhythmic Gymnastics

COACH: Olga Morozova

SCHOOL: Culver City High School

YEAR IN SCHOOL: 12th (Fall '98)

BEGAN GYMNASTICS: 1991

HOBBIES: Going to movies, reading, shopping

INTERESTING FACTS: Alexsandra, who is nicknamed Sasha, was born in Ukraine. She finished fifth all-around at the 1998 Rhythmic Championships and seventh all-around at the 1997 Pan American Games. Her mother, Natasha, was a rhythmic gymnast and her father, Gregory, was a professional volleyball player and coach. Sasha is fluent in three languages: Russian, English and French. She carries a 4.47 grade point average and would like to become a criminologist or a criminal lawyer.

SUZANNE PEARSON

6

HOMETOWN: Lakewood, Colo.

RESIDENCE: Lakewood, Colo./Atlanta, Ga.

BIRTH DATE: February 15, 1982

CLUB: Atlanta International Rhythmic Gymnastics Center

COACH: Marina Davidovich

SCHOOL: Green Mountain High School

YEAR IN SCHOOL: 11th (Fall '98)

BEGAN RHYTHMIC [illegible] 1995

HOBBIES: Reading, swimming, water skiing, snow skiing, playing computer games and spending time with family

INTERESTING FACTS: Suzanne finished sixth all-around at the 1998 Rhythmic National Championships, making the National Team for the first time. Suzanne is from a sports-minded family. Her older brother Wesley plays volleyball at Colorado State; younger sister Kaleena is a Level 10 artistic gymnast and younger brother Nathaniel plays soccer and baseball. Suzanne maintains a 4.0 grade point average in honors classes despite a demanding training schedule which includes frequent commutes to Atlanta to train at AIRGC. Her Colorado regimen begins at 5:30 a.m., when she and her father roll out carpets at Point Athletic Center for three hours of training.

ANGELA PAWLICKI

7

HOMETOWN & RESIDENCE: Lincolnwood, Ill.

DATE OF BIRTH: September 20, 1982

CLUB: Rhythmic Gems; COACH: Lana Lashoff

SCHOOL: Loyola Academy

YEAR IN SCHOOL: 11th (Fall '98)

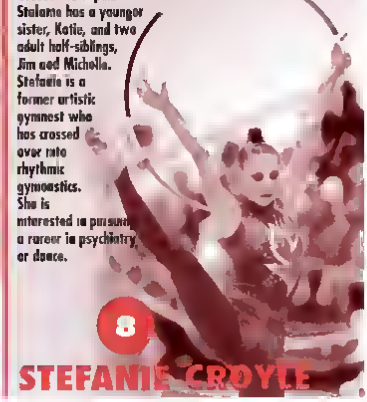
BEGAN GYMNASTICS: 1998

HOBBIES: Dancing, writing, bicycling, hanging out with friends

INTERESTING FACTS: Angela took seventh all-around at the 1998 Rhythmic Championships, making the National Team for the first time. Both of her sisters, Allison and Stacie, play basketball. She has a 4.0 grade point average and calls dance and math her favorite subjects. She says she is very superstitious and everything has to be perfect on the day of a competition.

STEFANIE CROYLE

8



HOMETOWN: Harvard, Mass.; RESIDENCE: Olney, Md.

DATE OF BIRTH: March 5, 1983

CLUB: Rhythmflex Gymnastics

COACHES: Catherine Yakhimovich, Marina Goncharuk

SCHOOL: Sandy Spring Friends School

YEAR IN SCHOOL: 10th (Fall '98)

BEGAN GYMNASTICS: 1989

HOBBIES: Dancing, collecting butterflies, listening to music

INTERESTING FACTS: Stefanie took eighth all-around at the 1998 Rhythmic Championships and was a member of the first-place group. She competed at the 1998 Group World Championships in Seville, Spain. She also competed in international competitions in Greece and Japan. Stefanie has a younger sister, Katie, and two adult half-siblings, Jim and Michelle. Stefanie is a former artistic gymnast who has crossed over into rhythmic gymnastics. She is interested in pursuing a career in psychiatry or dance.

USA GYMNASTICS PHOTOGRAPHY © STEVE LAIDZ

WINNERS—7-12 AGE GROUP

living with balance

"Living with Balance"

by Tiffany Poole age 12

Living with balance, means never quitting Besides gymnastics, I am in 4-H, band and I have two families My parents are divorced, which sometimes makes my life hectic I go from house to house, and don't have to much free time, but I still have some time for my friends. Of which most are also gymnasts I have two great coaches, both are always there for me when I need them What keep everything together for me? Believing in God, staying focused, and having the love and support from my family and friends helps me keep my balance. And never giving up

1st Place
Name Tiffany Poole
Home Benton City, Washington
Gym Tri-City Academy of Gymnastics
Coach Greg Mueller and Sarah Garrett
Age 12

2nd Place
Name Jennifer Iovino
Home Gaithersburg, Maryland
Gym Hill's Gymnastics
Coach Cynthia Smith
Age 8

LIVING WITH BALANCE

I am 8 years old and a level 6 gymnast. I work out 16 hours every week. Because of school, family and other social activities, this is not always easy to balance. What helps me to keep my life balanced is I try to always think of my thoughts I have control over and not think of the ones I don't.

In school, I have no control over my teacher, classmates or assignments. I do have control over my choice of friends, my grades, my attitude and concentration.

It's the same thing in my family life, social life and my life as a gymnast In gymnastics I have no control over my scores at a meet, judges, equipment, teammates or coaches. I can control my positive attitude, my beliefs in myself, my confidence, goals, focus, emotions and determination.

If I concentrate on my thoughts I have control over, I think it's easier to have success and balance in my life physically, socially and spiritually.

Jennifer Iovino
Hill's Gymnastics

(continued from page 27) Phoebe Hart, Bradley Rudolph and Mackenzie Pacovsky took first, second and third in the 6 and under age group; Tiffany Poole, Jennifer Iovino and Maygen McKinnon took first through third in the 7-12 age group; and Olita Bracking, Rebecca Zamolo and Holly Grook won first, second and third in the 13-18 age group.

LIVING WITH BALANCE

By: Maygen McKinnon

I've been involved in gymnastics for many years. I spend a lot of time at the gym. I push myself each day, so I can reach my goals.

School and keeping my grades up are important and my responsibility. I study during the drive to and from gymnastics. Most of my chores are done before school. Getting to bed at a reasonable time, eating healthy and being close to God gives me strength and energy.

I'm close to my family and they are very supportive of me. We all plan a time out of our busy lives just to be together, playing games, relaxing, or riding our horses. Sharing family time together takes stress from our lives.

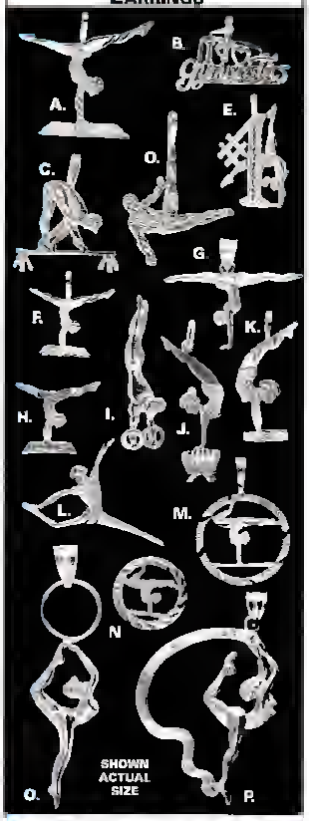
I have found that setting a reasonable schedule and having my priorities in order leaves me "Living with Balance"

3rd Place

Name: Maygen McKinnon
Home: Kennewick, Oregon
Gym: Tri-City Academy of Gymnastics
Coach: Sarah Garret and Greg Mueller
Age: 11

The first-place winners earned a $500 gift certificate to their local gymnastics club to use toward gymnastics tuition. The second-place winners earned a $100 gift certificate to GK-Elite Sportswear and the third-place winners earned a $50 gift certificate to GK-Elite Sportswear. Congratulations to all the winners. Check out their winning drawings and essays! (continued page 32)

14KT GOLD CHARMS & EARRINGS



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WINNERS—13-18 AGE GROUP

Living With Balance

living with balance

BY OLITA BRACKING
MAY 1998

1st Place
Name: Olita Bracking
Home: Tacoma, Washington
Gym: Grace Gymnastics Center
Lakewood YMCA
Coach: Brian Muenz
Age: 13

Living With Balance

I think gymnastics is a metaphor for life. Learning to live with balance is important in my life journey. I often worry if I am improving, comparing my results to others. I get out of balance.

Bars

I go to different lengths and heights never stopping. Like life, the bars have ups and downs, twists and turns.

Beam

My surroundings change as I leave the safety of the beam. Like the adjustments I face in my own life with new experiences.

Floor

I combine all my talents and creativity one step at a time using every inch of the floor, as with the opportunities of life.

Vault

I approach with a plan while making adjustments. As I face with a busy schedule, making enough time to complete everything.

For me, the lessons and balance of gymnastics and life are the same.

Gymnasts are among the many athletes who strive for excellence. They must learn to manage their time so that no area is neglected while training for what some may think is an outrageous amount of time. Much of gymnastics is mental and whoever can handle the pressure will end up on top. With all the choices and time constraints I face every week, my life is a "planner."

As I go to sleep at night, I recollect the day's events, including my workout. What did I do well? What could I have done better? Was I efficient with my time? Was my workout a step up the ladder to the top or a setback from my dreams? These questions are asked and silently answered as I set my goals for tomorrow and plan my schedule. I have been raised with the morals to take pride in what I do and trust that God can help me achieve anything. My schoolwork as well as my gymnastics demonstrates this. At school, no minute is wasted. Since my workout takes four and a half hours a day, I work efficiently to complete as much work as I can before practice begins. When I arrive home I change and go to the gym. On the drive there I recall last night's goals and vow to work as hard as I can to accomplish them. When I arrive I concentrate, blocking out all distractions, and make the corrections my coaches tell me to make. I try not to have a bad attitude because I know the younger kids, including my two younger sisters, look up to me. This responsibility comes with the territory of being an upper level gymnast. When I come home I eat dinner, finish my homework, and spend some time thanking God for everything He has done for me.

I am just one of many gymnasts willing to sacrifice high school dances, parties, and free time to accomplish something I'm not even sure is possible. Many people can't and many won't, but my heart follows a dream.

2nd Place

Rebecca Zamolo
Martinez, California

Michael Anthony's Gymnastics

Michael Guzman

A 15

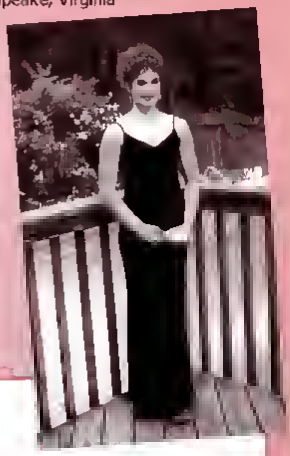
3rd Place

Holly Grook
Chesapeake, Virginia

Ocean Tumblers

Deena Kelly

15



Living With Balance

Every day I fight to stay on the straight and narrow path all gymnasts know so well. Someone once told me, "go big, or go home." I try and achieve this everyday, not just with gymnastics, but also with social activities, church, school and chores.

Each week I make a schedule for my mom. On it, I include when I practice each day, and when I plan on getting my chores and my homework done. As a gymnast I have very little free time, but as an escape, I try to go out with my friends at least one night a weekend. The other free night, I usually spend baby sitting my eight-year-old sister for my parents, as a thank-you for carting me to gym everyday.

When I look at the sport of gymnastics, I see more than most people see. I see it as a way of life. I love pushing myself each day to the limit. Sometimes when I'm feeling tired and sore, and I feel as if I can't possibly do any more, I want to give up. But that is the easy way. Not many kids my age have parents who are willing to give up so much to help their kids achieve their goals. I want to make my parents proud, but I know whatever happens, in anything I do, they will back me up.

Gymnastics teaches me discipline, and determination in everything I do. So how do I live with balance? Easily, I smile, (sometimes grit my teeth), and have absolutely no regrets.

Faces in the gym

STACEY ABBOTT
BRISTOL, INDIANA

Stacey Abbott 12 trains at Brown's Gymnastics in Elkhart Ind She was the Level 7 All-Around State Champion in Indiana. She also was the State Champion in vault and floor She first started competing as a Level 5 in September 1995 now she's a Level 9 gymnast. She's coached by Tom Brown and Kim Salvagni

CRYSTAL HOFFMAN
TOPEKA, KANSAS

Crystal 16, is a junior at Washburn Rural High School She competed at Level 8 during the 1997 98 season, taking fifth place in her class for State Competition Good consistent performances on all events enabled Crystal to achieve a 32.90 all around score at the Regional Competition in Bartelsville Okla Crystal has been a gymnast since second grade and maintains a 4 1 grade point average in her class work. Her hard work and dedication also earned her the Gymnast of the Year award at Capitol City Gymnastics in Topeka She's now training Level 9 and looking forward to the 1998 99 competitive season She's coached by Chris Phillips

JENNIFER KINGSBURY
ST LOUIS MISSOURI

Jennifer 12, is a Level 7 gymnast She attends Team Central Gymnastics in Maryland Heights Jennifer competed Level 6 during the 97 98 season. At the Ozark Mountain Invitational she took first all around with a 33 475 along with first on vault beam and floor She also earned first at the State Championships with a career high 35 85 She took first on beam, vault and bars and second on floor Jennifer is coached by Debbie Cusamano Debbie Carlie Greg Steffner and her head coach Scott Cusamano

ANGELIQUE OTERI
SUNBURY, PENNSYLVANIA

Angelique competes at Barrenton USA Gymnastics Center During this past season as a Level 7 Angelique won many events, including the 1998 Pennsylvania Judges Cup (beam and all-around), the Eastern Pennsylvania Sectionals (beam, floor and all around) and the Pennsylvania State Championships (beam and floor) Angelique medaled on every event at the 1998 Pennsylvania Keystone State Games, including golds on beam and in the all-around She's looking forward to competing Level 8 this season

HALEY STONE
SAVANNAH, GEORGIA

Haley, 13, is a Level 5 gymnast on the Islands YMCA Gymnastics Team in Savannah, Ga In June 1998 she competed in the National Gymnastics Competition in Hanover Pa Haley placed second all-around out of 80 gymnasts with a score of 35 15 She took fifth on floor with an 8 45 second on beam with an 8 70 second on bars with a 9 0 and second on vault with a 9 0 Haley looks forward to the 1998-99 season as a Level 7 gymnast

JEVON MYLES
UPPER MARLBORO MARYLAND

Jevon, 10 is progressing in his sixth year of training at Fairland Gymnastics where he's coached by Zhi Liu and Jay Rivera As a Class VI Jevon took first all-around at the BWI Invitational As a Class V he finished third all-around at the Maryland State Meet He also took first on parallel bars and vault Jevon was fourth all-around in Region VII earning a score of 52.9 He also earned first place on parallel bars. He was nickenmed JV by his teammates.

TYLER BRADLEY
SEWELL, NEW JERSEY

Tyler 7, won the Class VII all-around title at the New Jersey State Championships held in Clifton NJ During the season he was able to score a 10 00 on vault, parallel bars, floor and high bar He is a gymnast at Atlantic Coast Gymnastics and is coached by Ginnie Elmore

DIAMOND ELLISON
LOUISVILLE, KENTUCKY

Diamond 6, has multiple disabilities which include a congenital heart defect. She had open heart surgery at 10 months of age Diamond has to undergo open heart surgery again in the near future Diamond enjoys attending Flip City Gymnastics Academy in Kentucky Her coach is Terri Manskar Diamond is involved with Special Olympics and shows her enthusiasm each day for the sport of gymnastics

Would you like to be included in the Faces in the Gym section? Send a recent photo and a paragraph of information to: *USA Gymnastics*, Faces in the Gym, Pan American Plaza, 201 S Capitol Ave., Suite 300, Indianapolis, IN 46225

Photos can be black and white or color. Sorry, photos cannot be returned.

We'll select a few entries for publication in the magazine each issue Hurry and send your entry today. We're all waiting to meet you!

CHALK TALK

If you have a question or comment send it to:
USA Gymnastics, Chalk Talk, Pan American Plaza,
201 S. Capitol Avenue, Suite 300, Indianapolis, IN 46225

Dear SHANNON MILLER,
HELP! Hairdoo help wanted! I'm 12 years old and a Level 6 gymnast with long hair. My hair reaches a little past my waist. It doesn't want to stay up in any way, shape or form! I don't want to cut it at all, but all the hairdoos I've tried hurt or slip. HELP!
Lisa Radding
Newton, Massachusetts

Hi Lisa,
I'm not sure exactly what to tell you. I know how hard it is to try and keep your hair in place when you are flying through the air. When my hair was really long I would put it up in a pony tail and then split it into about three or four sections and braid each one. Then I would put one rubber band at the end to keep them together. Next I would loop it under and put another rubber band around the entire pony tail with the end of the braids looped up underneath. Then I would top it off with a great scrunchie. Hope this helps!

Dear USA GYMNASTICS
I'm 12 and I love your magazine. I saw that you published a poem in one of the issues. I wrote one too. I think it would be awesome if you published it!
McKenna Brady
Tulsa, Oklahoma

COMPETING
By McKenna Brady

When I walk out onto the big blue floor
The first thing I notice is gymnasts galore.

All here to compete and do their best,
To strive for the gold and be a success!

When it starts, I march in gleaming with pride,
With full confidence and a sparkle in my eye!

The routines start competition everywhere,
Some girls focused some worried about their hair!

I did well on Bars, Vault and Floor,
Kind of glad there was only one more!

As I mount onto the 4" beam,
I say to myself, "keep it clean!"

But right as I'm landing a back handspring,
My right foot slips and I fall off the beam!

I was sort of mad I didn't do my best
But that happens with every gymnast!

Today I learned you can't take back what you've done,
But to enjoy the sport and to just have fun!

Dear Audrey,
It sounds like you are doing great! My only advice to you is trust your coach. If you are not sure why he/she made the decision, just ask. Sometimes coaches want to make sure that you feel comfortable competing before moving you up and sometimes they just don't want you to get discouraged so he might want to keep teaching you some new skills and get you to master the ones you have so that you will be extra confident. Whatever the reason you should always be able to communicate with your coach so that you are both working towards the same goal. Good luck and keep having fun!! Ok yeah my birthday is March 10.

Dear SHANNON MILLER,
You are my favorite gymnast. I turned 13 on December 19th. When is your birthday? Could you please give me a pointer? I have already scored out of Level 5 and I'm quite ready to move to Level 6. But, my coach says that I should wait and stay in Level 5 so I can master the skills for Level 6. Do you think that is a good idea?
Audrey Ellis
Pismo Beach, California

SUMMER CAMP SUMMER FUN

Hey Gymnasts We Want Your Camp Photos or Artwork

Send us your favorite photo from camp or draw us a picture! We'll feature a few of these in the March/April issue of *USA Gymnastics* magazine, which is the Summer Camp issue.

If you send a photo, tell us which camp it's from and who is in the picture. You can also draw a colorful picture about a fun summer camp experience or one that you hope to have this year. Also send us a photo of yourself so we can see what you look like!

Send materials to *USA Gymnastics* magazine, Summer Camp Summer Fun, Pan American Plaza 201 S Capitol Ave., Suite 300, Indianapolis IN 46225

Deadline is January 25, 1999

If you would like your materials returned, please send a self-addressed stamped envelope.

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WOMEN

MEN

ACADEMIC TEAMS NAMED IN MEN'S NCAA GYMNASTICS

The College Gymnastics Association announced its national academic top 20 gymnastics teams for 1998. MIT claimed the team title with a cumulative grade point average of 3.553. It's the fourth time in five years that MIT has won the team title. Illinois finished second, while Ohio State claimed the third spot.

1.	MIT	3.553
2.	Illinois	3.306
3.	Ohio State	3.273
4.	Nebraska	3.159
5.	Iowa	3.151
6.	Brigham Young	3.144
7.	Michigan	3.130
8.	Oklahoma	3.115
9.	Syracuse	3.107
10.	California	3.098
11.	Michigan State	3.039
12.	Army	3.070
13.	William & Mary	3.033
14.	Massachusetts	2.989
15.	Navy	2.959
16.	Air Force	2.919
17.	Minnesota	2.915
18.	Illinois-Chicago	2.880
19.	Vermont	2.854
20.	New Mexico	2.809

MEN'S 1998-99 COLLEGIATE CHAMPIONSHIPS SCHEDULE

Date	Event	Location
Dec. 5	UMass Open	Univ. of Massachusetts
Jan 7-8	Army Invitational	West Point
Jan 22-23	Rocky Mt Open	Air Force
Feb 25	Peter Vidmar Collegiate Inv'l	UCLA
March 6	Santa Barbara Invitational	Univ. of Calif. Santa Barbara
March 7	New Collegiate Championships	Springfield College
March 19	Southwest Cup	Arizona State
March 26-27	Big 10 Championships	Iowa
March 26-27	Mountain Pacific Championships	Oklahoma Sports Federation
March 27-28	ECAC/EIGL Championships	UMass
April 10	NCAA Western Regionals NCAA Eastern Regionals	BYU Univ. of Illinois
April 15-17	USA Gymnastics Collegiate Championships (M/W)	Southern Conn State Univ
April 22-24	NCAA Championships	Nebraska

By Sandy Thielz
USA Gymnastics Collegiate Coordinator

WOMEN'S 1998-99 COLLEGIATE CHAMPIONSHIPS SCHEDULE

Date	Event	Location
Feb 28	Ivy League Championships	Univ. of Pennsylvania
March 7	Div. III ECAC Championships	Springfield College
March 19-20	NACG Div. III Nationals	Gustavus Adolphus, MN
March 20	PAC Ten Championships	Oregon State University
March 20	Liberty Invitational	Temple University
March 27	MidAmerican Conference Championships	Western Michigan University
March 27	SEC Championships	University of Alabama
March 27	Big Ten Championships	Michigan State University
March 27	EAGL Championships	University of Maryland
March 27	Atlantic Ten Championships	Temple University
March 27	ECAC Div. II Championships	West Chester University or University of Bridgeport
April 10	NCAA Regional Championships	Oregon State University Utah State University University of Nebraska Louisiana State University Penn State University West Virginia University
April 15-17	USA Gymnastics Collegiate Nat'l Championships (M/W)	Southern Connecticut State University
April 17	NIT Championships	TBA
April 22-24	NCAA National Championships	University of Utah

SCHOLASTIC ALL-AMERICAN TEAMS WOMEN'S NCAA GYMNASTICS

1	Winona State University	3.716	11	University of Alabama	3.384
2	Southern Utah Univ	3.549	12	Penn State University	3.360
3	Louisiana State Univ.	3.505	13.	North Carolina State	3.350
4.	Southeast Missouri State	3.482	13	U. of Illinois-Champaign	3.350
5	U. of Alaska Anchorage	3.452	15	Kent State University	3.334
6.	U. of Wisconsin-LaCrosse	3.430	16	Bowling Green State	3.330
7	Central Michigan Univ.	3.400	17.	Yale University	3.322
8	George Washington Univ	3.399	18.	Seattle Pacific Univ	3.300
9	Univ. of North Carolina	3.396	19	Univ. of Pennsylvania	3.290
10	University of Utah	3.390	20	University of Nebraska	3.286

USA GYMNASTICS PHOTOGRAPHY © DAVE BLACK

CHINA CUP

The China Cup International Gymnastics Tournament took place in Tianjin, China in September 1998. The USA men's team finished fifth and the women's team finished seventh. Strong gymnasts from China led the team, all-around and individual event competition. It was a great experience for the USA teams to compete in China, the host of the 1999 World Championships.

Elise Ray won two medals for the USA, earning the silver medal on floor and the bronze medal on beam. She also took fourth on bars and finished ninth all-around. Sean Townsend finished fourth on parallel bars and fifth on vault. Jason Gatson was the top USA all-around competitor earning 12th place.

WOMEN'S TEAM RESULTS

1	China (1)	114.512
2	China (2)	113.737
3	Tianjin	112.949
4	France	111.749
5	Japan	109.762
6	Australia	109.024
7	**USA**	**108.262**
8	DPR Korea	102.287

USA Team included: Elise Ray and Jenna Rice from Hill's Gymnastics in Gaithersburg, Md. and Jennifer Thompson from Cincinnati Gymnastics Academy in Ohio.

MEN'S TEAM RESULTS

1	China (1)	172.550
2	China (2)	169.500
3	Belarus	165.300
4	Japan	164.925
5	**USA**	**161.050**
6	Germany	160.000
7	Romania	158.150
8	Canada	157.900

USA Team included: Jason Gatson and Jay Thornton from the U.S. Olympic Training Center in Colorado Springs and Sean Townsend from the Texas Sports Ranch in Crosby, Texas.

MEN'S ALL-AROUND

1.	Huang Xu	CHN	57.800
2.	Zhang Shang	CHN	57.725
3.	Yang Wei	CHN	57.575
4.	Lu Yufa	CHN	57.175
5.	A. Kasamatsu	JPN	56.925
6.	Li Xiaopeng	CHN	56.600
7.	Isao Yoneda	JPN	56.525
8.	D. Kasparovich	BLR	56.025
9.	Xiao Jianfeng	CHN	55.175
10.	A. Smkovich	BLR	55.150
12.	**Jason Gatson**	**USA**	**54.600**
14.	**Sean Townsend**	**USA**	**54.050**
25.	**Jay Thornton**	**USA**	**52.600**

There were 53 gymnasts in the all-around competition.

FLOOR EXERCISE

1	Lu Yufa	CHN	9.625
2	Li Xiaopeng	CHN	9.575
3	A. Kasamatsu	JPN	9.350
4	Kasper Fuchs	DEN	9.200
5	L. Michaller	FRA	9.000
6	Isao Yoneda	JPN	8.500
7	D. Kasparovich	BLR	7.750

POMMEL HORSE

1	Zhang Shang	CHN	9.675
2	A. Kasamatsu	JPN	9.650
3	V. Vazchev	BUL	9.625
4	Pae Gil Su	PRK	9.500
5	Isao Yoneda	JPN	9.475
6	Sergej Pfeifer	GER	9.450
7	Dong Dong	TJD	9.050
8.	Huang Xu	CHN	8.700

STILL RINGS

1	Dong Zhen	TJD	9.800
2	Zhan Shang	CHN	9.725
3	Huang Xu	CHN	9.700
4	A. Ungkur	THA	9.650
5	Sebastien Teyssier	FRA	9.525
6	D. Kasparovich	BLR	9.450
7	Tschernitschek	GER	9.425
8	Isao Yoneda	JPN	9.400

VAULT

1	Li Xiaopeng	CHN	9.650
2.	Gocum Yunlo	BOM	9.625
3.	Xiao Jianfeng	CHN	9.462
4.	M. Rosengren	SWE	9.450
5.	**Sean Townsend**	**USA**	**9.300**
6	Tschernitschek	GER	9.275
7	Isao Yoneda	JPN	9.262
8.	D. Kasparovich	BLR	8.925

PARALLEL BARS

1.	Li Xiaopeng	CHN	9.800
2	Huang Xu	CHN	9.725
3	Sergej Pfeifer	GER	9.550
4	**Sean Townsend**	**USA**	**9.450**
5	D. Kasparovych	BLR	9.300
6	Isao Yoneda	JPN	9.150
7.	A. Smkovitch	BLR	8.925
8.	A. Kasamatsu	JPN	8.400

HORIZONTAL BAR

1	Isao Yoneda	JPN	9.750
2.	Hr. Ivanov	BUL	9.675
3.	A. Kasamatsu	JPN	9.375
4.	D. Kasparovich	BLR	9.350
5.	A. Tolkov	CAN	9.075
6.	Lu Yufa	CHN	8.700
7	Dingar Fordun	DEM	8.400
8	Huang Xu	CHN	8.400

WOMEN'S ALL-AROUND

1	Dan Meizhen	CHN	38.512
2.	Xu Jing	TJD	38.375
3.	Kui YuanYuan	CHN	38.325
4.	Ling Jin	CHN	38.287
5	Liang Yan	TJD	38.237
6	Nieng Meizhen	CHN	38.050
7	Elvire Teza	FRA	38.012
8	Liu Xuan	CHN	37.900
9.	**Elise Ray**	**USA**	**37.637**
10	Aiko Sugawara	JPN	37.225
20.	**Jennie Thompson**	**USA**	**36.275**
32.	**Jenna Rice**	**USA**	**34.350**

There were 42 gymnasts in the all-around competition.

VAULT

1	Kui Yuanyuan	CHN	9.537
2.	Xu Jing	TJD	9.425
3.	Rice Sugawara	JPN	9.225
4.	Eri Okamoto	JPN	8.950
5	V. Gorschewa	BUL	8.750
6	Elvire Teza	FRA	8.375
7	Alexandra Soler	FRA	8.262
8	Sarah Onagan	CAN	8.025

BARS

1	Ling Jin	CHN	9.850
2.	Elvire Teza	FRA	9.725
3	Liu Xuan	CHN	9.725
4.	**Elise Ray**	**USA**	**9.650**
5	Julie Donulian	CAN	9.525
6	A.M. Vellance	AUS	9.475
7	Kang Sun Yang	PRK	8.750
8	Rina Sugawara	JPN	7.800

BEAM

1	Ling Jin	CHN	9.850
2.	Nieng Meizhen	CHN	9.700
3	**Elise Ray**	**USA**	**9.700**
4	Melinda Cleland	AUS	9.650
5	Mok On In	PRK	9.425
6.	Er Okamoto	JPN	9.250
7	Sarah Onagan	CAN	9.250
8	B. Schwengert	GER	8.900

FLOOR

1	Nieng Meizhen	CHN	9.775
2	**Elise Ray**	**USA**	**9.750**
3	Nan Meizhen	CHN	9.800
4	Alexandra Soler	FRA	9.500
5	Gabriella Onofi	HUN	9.325
6	Melinda Cleland	AUS	8.975
7	Elvira Teza	FRA	8.625

NOTICE TO MEMBERSHIP

The following Membership Statement has been adopted by the Board of Directors of USA Gymnastics.

Membership in USA Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time where a member's conduct is determined to be inconsistent with the best interest of the sport of gymnastics and of the athletes we are serviceing.

The following former professional members have been terminated or have a lifetime ban with USA Gymnastics and/or will not be allowed to renew their membership:

Charles Theodore Bates	MN
Vince Brown	SC
Larry Dutch	ME
Matthew H. Erichsen	WA
William Alexander Etheridge	TN
Rick Feuerstein	CA
Joseph Fountoin	MD
Roy Larry Gallagher	PA
Robert Allen Garner (Bob)	TN
Ricardo "Chico" Goddard	NY
Robert Dean Head	KY
Frank Hohman, Jr	PA
Milos Hroch	CA
Steven L. Infante	CT
Dana Kappendrayer	FL
John S. Moore	WV
William Munsinger	MN
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John H. Row	DE
Steve Shirley	MO
Blake Steven Storr	UT
Mark Swift	FL
Freddie Eugene Tafoya, Jr	CA
Jon Oliver Kenneth Thomas	VA
Brent Trotter	WA
Joel Velasquez	OR
David Paul Waage	OR
Steve Waples	TX
Lyf Christian Wildenberg	MN

BRITISH COLUMBIA GYMNASTICS ASSOCIATION SUSPENSIONS

USA Gymnastics has been notified that the British Columbia Gymnastics Association has permanently suspended membership in the BCGA for the following individuals:

John Henderson, Kamloops, BC Canada
Donald Ray Mathey, Langley, BC Canada
Wayne Andrews, Courtenay, BC Canada

(Gymnastics Update continued on page 40)

1999 PAN AMERICAN GAMES SELECTION PROCEDURES

WOMEN'S SELECTION PROCEDURES

July 24 - August 8
Winnipeg, Canada

I DESCRIPTION OF THE TEAM

The Team will consist of six (6) athletes, five (5) competing on each event, and two (2) officially designated coaches (one of which must be female)

II QUALIFICATION

Qualification to the 1999 American Classic/Pan American Team Trials to be held in February 13 & 14 1999 in Pomona, CA, is through Elite Regional meets or directly qualified athletes from the 1998 U S Championships.

III. SELECTION OF ATHLETES

Selection of the team will take place at the 1999 American Classic/Pan American Team Trials according to the following criteria:

A. A combined ranking of age eligible Junior and Senior athletes will determine the final COMBINED RANK ORDER.
B All Around scores will count as 100% in determining an Individual's ranking.
C. Junior age competitors will compete with Juniors and Senior age competitors will compete with Seniors.
D Athletes will be invited onto the Pan American Team from the COMBINED RANK ORDER.
E. Replacements will be made in rank order from the COMBINED RANK ORDER
F. Ties will be broken as follows:
1 Adding the three highest Event Scores
2. If still tied, adding the two highest Event Scores
3 If still tied highest Event Score
G The alternate, the next ranked athlete, will not travel and will not participate in the Pan American Team Training Camp
H Deadline for acceptance into the team will be March 15, 1999.

IV ELIGIBILITY

In order to be eligible to compete on the 1999 Pan American Team, athletes must meet the following criteria:

A. Be a US Citizen
B Be 13 years of age or older during the 1999 calendar year.

V PETITIONS

A There are NO Petitions into the Pan American Team
B. Injury Petitions for the American Classic/Pan American Team Trials will be accepted for consideration by the Elite Technical Committee (National Elite Technical Chair, National Technical Committee Chair, the Athlete Representative and International Technical Consultant) in accordance with the 98-99 Rules and Policies.

VI REMOVAL OF A TEAM MEMBER

An athlete or coach may be removed from the Pan American Team if she/he

A. Violates the USA Gymnastics Code of Ethics or Women's Team Responsibility Manual.
B. Fails to attend the Pan American Team Training Camp for the full duration of the camp, if a camp is provided
C. Is unable to perform at peak at the Pan American Games due to an injury or illness. Verification of injury or illness will be by two neutral doctors selected by USA Gymnastics and approved by the USOC
D Removal may only occur by action of the President of USA Gymnastics after consultation with the Selection Committee and an interview with the athlete or coach. Any decision to remove an athlete or a coach is subject to review through USA Gymnastics Grievance Procedures
E. The alternate will replace any athlete that is removed from the team.

VII. COACHES SELECTION

The Head Coach and the Assistant Coach for the 1999 Pan American Games will be determined after the Team Selection, by the Selection Committee (USA Gymnastics International Consultant Elite Program Committee Chairman, the Athlete Representative, and USA Gymnastics Women's Program Director) based upon the following criteria:

A. Proven Team leadership ability
B. International experience

MEN'S SELECTION PROCEDURES

I TEAM SELECTION

A. The Men's Delegation for the Pan American Championships will be comprised of six athletes and two coaches The format for the competition is a six man team, five athletes compete per event and four scores count for the team score.
B USA Gymnastics will host a National Team and Event Preparation Camp for all ranked and unranked National Team members, ages 15 and over to be held in June 18 27, 1999 Athletes named to the Pan American Team must be USA citizens. This camp will be designated as the Selection and Preparation Camp for the Pan American Championships The tentative camp schedule will be as follows.
- 6/18: Arrival
- 6/19: Training/preparation
- 6/20: Selection competition for age eligible participants using Brevet rated officials
- 6/20: Selection of team
- 6/21 Training
- 6/27 Depart

C Athletes who are not members of the National Team may petition the Men's Program Committee to attend the Selection and Preparation Camp. Petitions may come from all-around or individual event specialists and will be reviewed by the Men's Program Committee. To be considered the petitioning athlete must submit a written letter stating their basis for the petition accompanied by a video tape performance which demonstrates an exercise(s) with a minimum 9 0 start value and a minimum score of 9 4. Petitions must be received by the USA Gymnastics Men's Program Director by May 1, 1999
D. The top six athletes, rank order all-around, from the Selection Competition will be named as the Pan American Team unless any event team score totaling the top five scores on the event is less than 47 0 points If any event total, as described above, is less than 47 0 points, then the top four athletes, rank order all-around from the Selection Competition will be named to the Pan American Team Selection for the remaining two spots will be decided by the Pan American Championships Team Selection Committee

The Committee will consist of 1) the Pan American Championships Head Coach, 2) the Pan American Championships Assistant Coach 3) the Men's National Team Coordinator and 4) the Men's Athlete Advisory Council representative If either the Pan American Team head or assistant coach have an athlete eligible for the two selected team positions he is ineligible to participate on the Selection Committee. In the event that a Selection Committee member(s) must remove himself, the named personal coaches from the Selection Competition athlete participants will choose a replacement committee member who does not have an athlete eligible for either of the two selected team positions. If an athlete who has been named to the Pan American Team is injured or ill prior to the Games and this injury or illness requires the athlete to withdraw or be removed from the team, the replacement will be chosen by the Selection Committee. Selected athletes will represent the United States at the 1999 Pan American Championships unless removed under the provisions stated in section III

E. The committee will consider the following when selecting the remaining team positions:
1 Athlete performance in the Selection Competition.
2. Contribution to the Pan American team score and the athletes ability to contribute to a team medal based on routine start value and score from the Selection Competition
3. Athlete performance in past national championship and international competitions

II. COACHES SELECTION

Coach selection will be by the Men's Program Committee six months prior to the Pan American Team Selection Competition in accordance with the guidelines established in the 1997 2000 National Team Program

III REMOVAL

An athlete or coach may be removed from the Pan American Games Team if he violates the USA Gymnastics Code of Ethics or he fails to attend the Pan American Team training camp for the full duration of the camp An athlete may also be removed from the Pan American Games Team in the event of injury or illness which inhibits peak performance at the Pan American Games. Verification of injury or illness will be by two neutral doctors selected by USA Gymnastics and approved by the USOC. Removal may only occur by action of the President of USA Gymnastics after consultation with the MPC, USA Gymnastics Men's Staff and an interview with the athlete or coach Any decision to remove an athlete or coach is subject to review through USA Gymnastics Grievance Procedures.

IV. APPROVAL OF THE SELECTION PROCEDURES

These Selection Procedures have been reviewed and approved by the Men's Program Committee and USA Gymnastics.

RHYTHMIC SELECTION PROCEDURES

I OVERVIEW

The 1999 Rhythmic Gymnastics Pan American Games Competition will consist of two events—individual and group The Rhythmic Pan American Games delegation will be comprised of three (3) individual gymnasts, six (6) group gymnasts one head coach and one team manager

The selection procedures for the two events are different.

The process for qualifying for the Rhythmic 1999 Pan American Games in the individual competition involves two steps

1 qualifying to the 1999 National Championships through one of two qualifying events;
2 finishing number 1st 3rd in the senior division at the 1999 National Championships.

The process for qualifying for the Rhythmic 1999 Pan American Games in the group competition involves two steps:

1 qualifying for the 1999 National Championships by competing at the 1999 Rhythmic Challenge in the two prescribed FIG group events;
2. finishing number one in the group championships at the 1999 National Championships.

II PAN AMERICAN TEAM INDIVIDUAL COMPETITION

A. Qualification to the 1999 National Championships
1 Each athlete must be a registered athlete member with USA Gymnastics
2. Qualification to the Rhythmic Gymnastics National Championships is through two qualifying events which are open to all Level 9 & 10 rhythmic gymnasts who are registered athlete members with USA Gymnastics.
3 The top three Senior National Team Members, as determined by the 1999 Rhythmic Challenge, are automatically accepted into the 1999 National

Championships
4. The qualifying events are scheduled to take place in May, 1999
5. The Rhythmic National Championships will take place in June, 1999

B. Petitions to the National Championships
1. Petitions to enter the National Championships will be accepted for any 1998-99 National Team member unable to compete at a qualifying event because of injury illness, or unusual circumstances
2. All injury or illness petitions into the National Championships must be certified by a neutral doctor selected by USA Gymnastics and approved by the USOC
3. Based upon the physician's report, injury and illness petitions will be accepted or denied by the Rhythmic Program Committee which includes an athlete representative.
4. Petitions submitted because of unusual circumstances will be accepted or denied by the Rhythmic Program Committee which includes an athlete representative.
5. An athlete accepted into the National Championships by petition will be in addition to other athletes who qualified into the National Championships.

C. Team Selection
1. The Rhythmic Gymnastics Individual Pan American Team (3 athletes) will be named by rank order based upon a combined score from the two days of all around competition.
2. Athletes named to the Pan American Team must be USA citizens and a minimum of 14 years of age in 1999.

D. Petitions to Team
1. If the number one ranked athlete from the senior division at the 1999 Rhythmic Challenge is not able to compete at, or complete the competition at, the National Championships because of injury or illness she will be named to the Pan American Team if confirmation of competitive readiness is received by a neutral doctor selected by USA Gymnastics and approved by the United States Olympic Committee on or before June 23 1999.
2. If either the number two or three ranked athlete from the senior division at the 1999 Rhythmic Challenge are not able to compete at or complete the competition at the National Championships due to injury or illness she may petition to be ranked onto the Pan American Team using the all-around score from the 1999 Rhythmic Challenge.
   a. The illness or injury must be verified by a neutral doctor selected by USA Gymnastics and approved by the United States Olympic Committee
   b. If the All Around score of a petitioned gymnast places her in a position for Pan American Team membership, verification of competitive readiness must be received from a neutral doctor selected by USA Gymnastics and approved by the United States Olympic Committee on or before June 23, 1999
3. Based upon the physician's report, injury and illness petitions will be accepted or denied by the Rhythmic Program Committee which includes an athlete representative
4. Only one athlete may be named to the team via an illness/injury petition as defined above

E. The 1999 Pan American Team-Individual Competition will be named immediately following the National Championships competition except in the case of a petition outlined in the preceding section

F. If a mandatory training camp is provided, it will be held immediately prior to departure for the Pan American Games. The training schedule will be determined by the head coach

G. If an athlete who has been named to the Pan American Team is injured or ill prior to the Games and this injury or illness requires the athlete to withdraw or be removed from the team, the replacement will be the next ranked athlete from the National Championships.

H. Athletes will be assigned to start positions at the Pan American Games according to the decision of the head coach.

I. Removal
An athlete or coach may be removed from the Pan American Games Team if she violates the USA Gymnastics Code of Ethics or fails to attend the Pan American Team training camp for the full duration of the camp, if a training camp is provided. An athlete may also be removed from the Pan American Games Team in the event of injury or illness which inhibits peak performance at the Pan American Games. Verification of injury or illness will be by two neutral doctors selected by USA Gymnastics and approved by the USOC. Removal may only occur by action of the President of USA Gymnastics after consultation with the Rhythmic Program Committee and an interview with the athlete or coach. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Grievance Procedures.

III PAN AMERICAN TEAM – GROUP COMPETITION

A. Qualification to the 1999 National Championships
1. Each group must consist of six athletes who are registered athlete members with USA Gymnastics.
2. To qualify to the Rhythmic Gymnastics National Championships each group must compete at the 1999 Rhythmic Challenge with the two RG group routines prescribed for the year. All Groups who compete at the Rhythmic Challenge are eligible to advance to the National Championships.
3. The Rhythmic National Championships will take place in June, 1999.

B. Team Selection: The Rhythmic Gymnastics Group Pan American Team (6 athletes) will be the Group placing number one at the National Championships based upon a two-day combined all-around score (four routines)
1. All group members must be USA citizens.
2. All group members must be a minimum of 14 years of age in 1999

C. Only those athletes who competed at the National Championships as one of the six official group members are eligible to be on the Pan American Team

D. If one or more athletes from the first place Group is removed from the team (see section E Removal below) or becomes injured or ill and cannot fully participate as a group member, the second place group from the National Championships will be named as the Pan American Team.

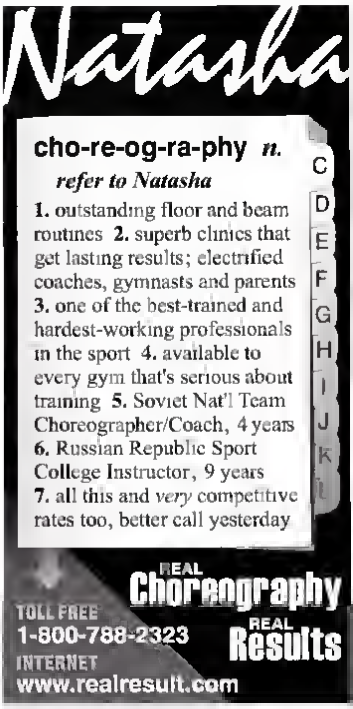
E. Removal
An athlete or coach may be removed from the Pan American Games Team if she violates the USA Gymnastics Code of Ethics or fails to attend the Pan American Team training camp for the full duration of the camp, if a training camp is provided. An athlete may also be removed from the Pan American Games Team in the event of injury or illness which inhibits peak performance at the Pan American Games. Verification of injury or illness will be by two neutral doctors selected by USA Gymnastics and approved by the USOC. Removal may only occur by action of the President of USA Gymnastics after consultation with the Rhythmic Program Committee and an interview with the athlete or coach. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Grievance Procedures

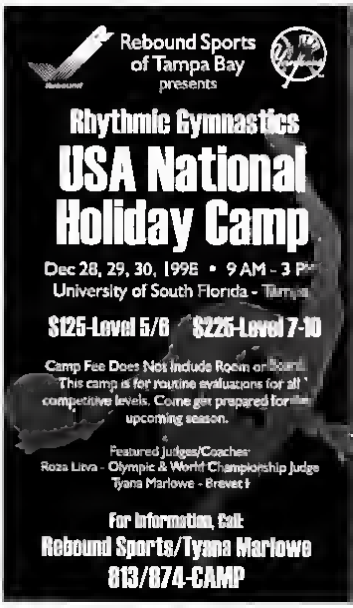
IV COACH SELECTION

The head coach will be selected by the Rhythmic Program Committee following the National Championships.

V APPROVAL OF THE SELECTION PROCEDURES

These Selection Procedures have been reviewed and approved by the Rhythmic Program Committee and USA Gymnastics





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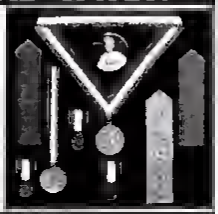

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(Gymnastics Update continued from page 37)

GIRL POWER!

Dominique Dawes is the spokesperson for a new campaign entitled "Girl Power." This national public educational campaign, sponsored by the U.S. Department of Health and Human Services, is to help encourage 9-14 year old girls to make the most of their lives.

Dominique is a role model for girls across the country! Congratulations Awesome Dawesome!

ATTENTION SUMMER CAMP OWNERS/ DIRECTORS

USA Gymnastics will print its annual Summer Camp Directory in the 1998 March/April issue of *USA Gymnastics* magazine. If you would like to have your camp included, please send information by February 1 to *USA Gymnastics* magazine, Attn.: Summer Camp Directory, Pan American Plaza, 201 S. Capitol Ave., Ste. 300, Indpls., IN 46225.

We would like the following information:

- State where camp is located
- Name of camp
- Contact person (if any)
- Address
- Phone
- Fax
- Email or website
- Dates of camp (if known)
- Whether the camp is for Men, Women and/or Rhythmic

OOPS

Just to clarify some information printed in the September/October issue of *USA Gymnastics*:

Zach Roberts from Mission Valley YMCA in San Diego, Calif., won the 14-15 age group division at the John Hancock U.S. Gymnastics Championships and Paul Hamm was second. Sorry for the confusion!

Also, we listed a brief bio on each of the Senior National Team members. Kristen Maloney's coaches from Parkettes should have been listed as Bill & Donna Strauss, Robin Netwall and Jack Carter. Sheehan Lemley's coaches, also from Parkettes, should have been listed as Bill & Donna Strauss, Robin Netwall and John Holman.

NCAA WOMAN OF THE YEAR

Four women gymnasts were among the 51 collegiate athletes who were selected by the NCAA as the state level winners of its "Woman of the Year" Award which honors outstanding female athletes who have excelled in academics, athletics, community service, and leadership. The 51 winners were selected from more than 400 nominations. Gymnastics nominees were: Meredith Booth, University of Alabama; Johanna Evans, Boise State University; Amy McClasky, Louisiana State University; and Deanne Droegemueller, Oregon State University.

Booth, who has a 3.648 grade point average and is a three-time all-American and member of the 1996 NCAA Championships Team, made the top 10 list.

1998 WOMEN'S JR. OLYMPIC NATIONAL TEAM TRAINING CAMP

The 1998 Women's Jr. Olympic National Team (the top 28 Level 10's in the USA) and personal coaches were invited by USA Gymnastics to participate in a training camp at the U.S. Olympic Training Center in Colorado Springs in August. Jr. Olympic National Program Committee Chairman Tom Kull was the camp director, assisted by Connie Maloney, National Women's J.O. Program Manager. The coaching staff of Vladimir Artemov (Vault), Tom Forster (Bars), Linda Mulvihill (Beam), Linda Johnson (Floor), Tammy Biggs (Beam, Floor Conditioning & Flexibility), Amanda Borden (assisting on Beam & Floor) and Neil Resnick (Tumbling) was positive, motivational and full of great ideas for both the athletes and coaches.

The staff presented the following athletes with special camp awards: Rocket Award on Vault—Janessa Grieco, who stood up a handspring front vault with the mats stacked above horse height; Quickest Learner on Bars for learning invert giants—Caroline Fuhrer; Best Turns on Beam—Audrey Bowers; Most Willing to Correct Beam Tumbling—Courtney Bumpers; Most Expressive Dancer—Calli Ryals; Great Improvement on Tumbling—Sissy Huey; Great Attitude—Jacey Draper; Youngest J.O. National Team member ever—Maria Scaffidi age 10; Stay Focused/Good Luck to Kristen Riffenacht (who found out she qualified to U.S. Championships after she arrived at camp!), and the Spirit of Gymnastics Award—Chrissy Vogel. The other camp participants were: Beth Boudreaux, Lauren Campanaro, Sidney Field, Abby Gatt, Amber Giorgianni, Shannon Hrozek, Samantha Lutz, Annie Medcalf, Erin Prewitt, Samantha Schuelet, Serena Syme, Tara Taglianne, Annie Willis and Kim Womack. Congratulations are in order for Mandy Delgado and Chelsea Krell who did not attend camp because they qualified to U.S. Championships as Jr. International Elites.

1 9 9 9

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Steve Nunno
Director

Steve Nunno is a two-time USA Olympic Coach: 1992 and 1996. He coached Shannon Miller from beginner all the way to becoming America's most decorated gymnast ever.

1999 Sessions

Week 1	July 4 — 9
Week 2	July 11 — 16
Week 3	July 18 — 23
Week 4	July 25 — 30
Week 5	August 1 — 6

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STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

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I certify that the statements made by me above are correct and complete.

John Hewitt, USA Gymnastics Controller

POSITIONS AVAILABLE

GYMNASTICS COACHES WANTED: Diamond Gymnastics, a brand new 14,000 square foot facility located in northern New Jersey is seeking energetic, positive coaches for both full and part time positions. Great opportunity for people interested in producing happy and successful gymnasts in an enjoyable atmosphere. Several positions available. Salary is commensurate with experience. Please call (973)560-0414 to schedule an interview, or send resume to: Diamond Gymnastics, 102 Route 10 W., East Hanover NJ 07936

$ $ $ WE LOVE GYMNASTICS $ $ $ Join our current staff of motivated gymnastics professionals. Work in a beautiful climate controlled facility located just 10 minutes from D/FW airport. Excellent pay with full insurance benefits. Curious? Visit our web site at www.sunbelt-gymnastics.com. Call us at 817 788 9040 or contact us for E mail at www.sunbelt@star-telegram!

ATLANTA IS THE PLACE TO BE IN 1999! We are looking for qualified coaches to help oversee our team and recreational programs. We have a comprehensive gymnastics and cheerleading program which needs enthusiastic coaches who work well with boys, girls, cheerleading, tumbling, and preschool classes. Salary is negotiable based on experience-full time and part time available. Please send your resume to: Gym South Gymnastics, 119 R. 85 Pkwy., Fayetteville, GA 30214 (770)461 5528 or fax at (770)461 0955.

GYMNASTICS INSTRUCTORS NEEDED IMMEDIATELY We're looking for full and part time employees, who are energetic and organized, and can focus on our customers with a strong understanding of student retention and employee teamwork. Program directors and teachers are needed for preschool through advanced recreational gymnastics. COMPETITIVE TEAM COACHES Some positions are still available with our highly successful team program. Send resume to Deborah Walk, Karon Gymnastics, 9890 Liberia Ave. Manassas, VA 20110. Call (703)361-4966 for more information.

GYMNASTICS COORDINATOR/DIRECTOR Seek enthusiastic person to lead total gymnastics program. Emphasis is on developmental, instructional, and progressive classes, pre-school, home school and mobil program. Limited competitive program through level 5. Administrative duties include staffing, training and marketing of program. Salary range: $22,000-$27,000, benefits. Send resumes with salary requirements to: Alice Collins, Lakeland Family YMCA, 3620 Cleveland Heights Blvd., Lakeland FL 33803 (941)644-2517 fax.

World Cup Gymnastics is looking for a highly qualified girls team coach and recreational instructors. Strong spotting skills and good coaching qualifications a must. Beginner through Elite. Applicants should be professional, energetic, and have strong organization, and managerial skills. This position is best suited for person wishing to pursue, long-term career in coaching. World Cup Gymnastics, Chappaqua, NY 10514, phone (914)238-4967 ext. 23 fax: (914)238-3568 Email: xcupc@aol.com

THE GREAT NORTHWEST! Southern Oregon gym is seeking an experienced and qualified staff. Teach tots to teens in a growing recreational gymnastics program. Term levels 5 and up, and TOPs program are available for qualified persons. USA membership, first aid/safety certification, KAI, PDP offer some is a plus. CLUB NORTHWEST GYMNASTICS is a clean, modern gym, which is part of a 58,000 sq ft health facility! SEND resume to: CLUB NORTHWEST GYMNASTICS Attn. Keith Kirkpatrick, 2160 N.W. Vine Street, Grants Pass, Oregon 97526 or Fax:(541)476-5245

FULL AND PART TIME COACHES NEEDED: Oak Park Gymnastics (Chicago area) is looking for experienced and enthusiastic coaches to teach all levels. We have 450+ students and are looking for preschool, recreational, and competitive level team coaches. Experience with boys a plus. Salary commensurate with experience. Benefits available. Send resume to S. Kinsman, 218 Madison, Oak Park, IL 60302 M/F EOE.

MEN'S HEAD COACH WANTED For established boys team and recreational program. Gymnastics Training Center in Framingham, Mass. is seeking a motivated Boys Coach to direct our boys program. Salary and benefits commensurate with experience. Please send resume or call Lynn Mazzaferro @ G.T.C. 21 Blandin Ave. Framingham Ma. 01702 or call (508)620 2979. E mail: Lmazzaferro@aol.com

New Jersey Summit Area — Experienced gymnastics coach to work with girls from age 10-15 on girls floor exercise only. Work done on hard wood floor using 1/4 gymnastic mats and crash mats. Spotting needed. Hours are negotiable. Hours available Thursday 6:30 p.m. - 10:00 p.m. Saturday 9:00 a.m. - 11:00 a.m. If interested call 973-635-1167, 908-464-0613 or 908-273-0269. The season runs from September to mid June.

COACHES NEEDED Eastern National Academy is looking for coaches Pompton Plains and Paramus NJ. We are looking for directors for Preschool and General program, Team coaches qualified in choreography and dance at a high level and knowledgeable in the competitive division and instructors for all programs. ENA is in a perfect location for any lifestyle, we are located centrally between the Metropolitan New York area and the Pennsylvania Poconos Mountains. First Aid/Safety certification a plus or must be obtained within 6 months of hiring. Salary commensurate upon qualifications and experience. Contact Rich at 973-835 1665 or fax resume to 973-835-6225 or e-mail us at ena@ena.com. Eastern National Academy, 210 West Parkway, Pompton Plains, NJ 07444. Http://www.ena.com

Gym instructor needed immediately for full or part time employment. Energetic coach with organization and leadership skills. Must have focus on strong understanding of student retention. Salary negotiable—Scottsdale, Arizona. Leave message 602-946-8894 or 602-991-6880.

ONE CALL DOES IT ALL!!! TEACH GYMNASTICS!!! 250 SUMMER CAMP POSITIONS—CHOOSE FROM OVER 50 CAMPS/NORTHEAST. Instructors/coaches needed to teach gymnastics—all levels needed. Fabulous facilities. 8 weeks. Have a professional recruiter identify the right camp position, salary & compensation package for you. Arlene Stressmd's Summer Camp Services 1 800-443-6428. 516-433-8033 www.summercampplacement.com

WORLD CUP GYMNASTICS is looking for a highly qualified GIRLS TEAM COACH, BOYS TEAM COACH and RECREATIONAL INSTRUCTORS. Strong spotting skills and good coaching qualifications a must. Beginner through Elite. Applicants should be professional, energetic, and have strong organization and managerial skills. This position is best suited for person wishing to pursue, long-term career in coaching. World Cup Gymnastics, Chappaqua NY 10514, phone: (914)238-4967 ext. 23 Fax: (914)238 3568 Email: xcupc@aol.com

CAMP WAYNE: Co-ed children's camp in Northeast Pennsylvania (2 1/2 hrs from NYC). If you really enjoy gymnastics and want to teach children (ages 6-16) we are looking for a Director, an Assistant Director and instructors for Gymnastics, Aerobics, Dance and Cheerleading. We offer a caring, fun-loving environment, room/bd + salary. Write: 12 Allenwrd St., Lake Beach NY 11561 or call 1 800-279 3019. Fax # 516 897 7339

GYMNASTICS DIRECTOR AND INSTRUCTORS Premiere summer camp for girls located in Western Massachusetts seeks coaches and athletes to serve as Director and Instructor(s) for comprehensive gymnastics program for campers ages 7-15. Beginner-Advanced classes. "State of the Art" facility includes: spring floor, beams, unevens, vault and traveling rig. Competitive salary, room and board, travel allowance. Contact: Camp Danbee, 24 Woodchuck Terrace, Tenafly, NJ 07670, (800)392-3752. Program runs June 20-August 20, 1999.

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GYMNASTICS PROGRAM MANAGER CHICAGO PARK DISTRICT. $34 848-46 635 34 Qualifications: H.S. diploma plus 3 years experience in gymnastics field including 1 year promoting, marketing, operating & managing a recreational gymnastic program. Bachelors degree recommended. Professional membership in USA Gymnastics is required. Women's Meet Director certification is required within 1 year of appointment. Must be resident of City of Chicago. Duties: Manages gymnastic program activities in gymnastic centers city wide. Plans, coordinates, & markets gymnastic activities, programs & events. Supervises staff operating gymnastic centers & providing gymnastic instruction & programs. Ensures that appropriate safety requirements are met. Provides training for employees teaching & leading gymnastic activities. Contact: Human Resources, Chicago Park District, 425 E. McFetridge Drive, Chicago, Il 60605 312/747 1560 or 312/747 1457

FOR SALE

SOFTWARE FOR OHMMES! SCORE MASTER, the most widely used system in the U.S., scores the largest meet in the U.S., The Gasparilla, with over 2500 competitors. The score keeping system is very easy-to-use and has an on-line tutorial. Supports: mens/womens, individual/team, artistic/rhythmic, comp/optional competitions. It can graph scores over an entire season. Comes with a step-by-step user guide and a 90 day unconditional money back guarantee. For more info contact: Mark Mahoney P.O. Box 31421 Charlotte NC, 28231-1421. (704)523-1012 or web site: www.score-master.com (software demo, info guide and user listing on web site).

Thriving gym in beautiful Santa Fe, NM for sale. 200+ students enrolled in well established tots and recreation program. Very respected and growing preschool, city's most popular birthday party location, thriving parents night out and summer camp programs, beautiful and bright space with excellent equipment and fully furnished preschool. This gym is a very prominent member of the community and needs a great leader to continue its success. Very profitable. $100K. (505)988 3612

Scorer's Table is a Windows based parent friendly program designed to simplify preparation and scoring of USA Gymnastic meets. A simple click of the mouse assigns competitor sessions and numbers. Event placement AA, team and super team are just a mouse click away. The Scorers table program has been used successfully at several large invitational and state meets. Use this program and you will reduce your meet preparation time by at least 50%. For more information contact MEJE Corp., 113 McHenry Rd., Suite 165 Buffalo Grove, IL 60089. (847)913-0765

GYM FOR SALE: Excellent opportunity for right person(s) wanting a small community life style. Four years old, well established gym in beautiful rural area of Northern California. Attractive 8,000 sq. ft. facility: insulated clear span, high ceilings, office and mirrored dance studio. All equipment, computer, etc. Strong recreation program and girls competition team. No other gyms in the area. Easy access off highway, ample parking. Owners will consider financing. (209)754-5445 Owner Agent.

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CLASS CONTROL for Windows. The best value in Class Management and A/R software. Packed with features, easy to use, and runs on a network. Includes rosters, automatic tuition calculation, family discounts, special discounts, retail charges, invoices, payment due reports, financial summaries, instructor schedules, mailing labels, on-line help, and more. Supports sales tax and payment through direct debit. Only $500 ($250 per additional workstation) and includes free training and unlimited per seat, understandable, technical support at no charge. Call Vaughn Software Services at 800-821-0516, P.O. Box 1046, Apex, NC 27502. AMEX/MC/VISA.

GYM BUS FOR SALE. Newly converted gym bus!! The bus is a 66 passenger, automatic 1986 Ford with 87,000 miles gas (Generator, 2 roof top A/C units, carpet bonded foam on floor, walls padded, electric heating system, heats in minutes, electrical outlets, completely self-contained, paint & art work. Equipment, lesson plans and marketing materials (on Disk) included. $19,900 or BO. For info or pictures call Sean at (603)434-8388 or (603)432-7044

PERFORMANCE OPPORTUNITIES

PERFORMANCE GYMNASTS NEEDED: ANTIGRAVITY, a currently accepting pictures/resumes for tumblers, acrogymnasts, trampolinists, rhythmic gymnasts and artistic gymnasts interested in performing professionally & available to travel for short &/or long term contracts. Opportunities lie in print ads, tv commercials, cruise ships & live theatrical productions. Must be in great shape and age 18 or over. Please send picture, resume & video (if available) to: ANTIGRAVITY Inc. 484 West 43rd Street suite 461, NYC, NY 10036 Attn: Chris Hamilton.

CAMPS

RHYTHMIC GYMNASTICS HOLIDAY CAMP: Rebound Sports first annual Rhythmic Gymnastics Holiday camp, Dec. 29-30 will be held at the University of South Florida, Tampa. The camp will emphasize routine preparation for competition. Neutral and international rated judges will be evaluating and analyzing compulsory and optional routines. We will also work on strengthening body and equipment elements. Enjoy a great family winter vacation while your gymnast has a productive workout. Visit us in sunny Florida. For more information see our ad and call Rebound Sports at (813)874-CAMP, ask for Tyana Marlowe.

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To place a classified ad: $75 every 90 words. Deadline: Jan/Feb–Nov 16, Mar/Apr–Jan 16. Send ad with payment to *USA Gymnastics*, Classified Ads, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis IN 46225.

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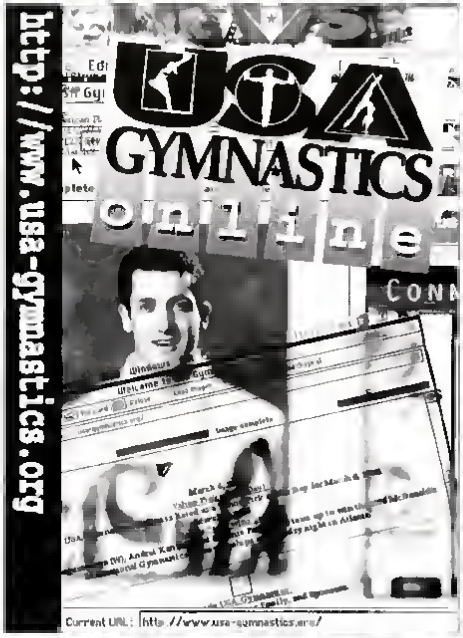

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B. Holiday Hooded Sweatshirt
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C. 1998 U.S. Championships Tee
Black 100% cotton tee with white screened John Hancock U.S. Gymnastics Championships on front. Five color event logo on back
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D. Adult Ash Mesh USA Gymnastics Tee
50/50 cotton/polyester blended short sleeve crew, shoulder taping, lower left front embroidered vector logo, navy and red screened USA Gymnastics on front
#41657 40 $17.95
XL / L / M

E. Adult White Mesh USA Gymnastics Tee
50/50 cotton/polyester blended short sleeve crew, shoulder taping, lower left front ombre dered vector logo, black and silver screened USA Gymnastics on front
#41657 50 $17.95
XL / L / M

F. 1999 Reese's Gymnastics Cup Tee
White 100% cotton tee with brown Reese's Gymnastics Cup screened on front. Five color (yellow, orange, gur ple, red and brown) event design on back. Buy early and save!
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G. White V-Neck Polo
100% cotton 7 oz. jersey, side vents with drop tail, 1x1 flat rib knit at neck and cuff, twill tape at back neck, rubber Reebok patch and navy and red ombre dered USA Gymnastics logo on front
#61450 50 $20.00
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H. Adult Navy Wind Jacket
100% nylon, open hem, on-seam pockets, left chest embroidered Reebok logo, navy screened USA Gymnastics and screened Reebok emblem on back (navy/gray/white)
#31152 119 $22.95
AM / AS Limited Quantities

Order on Page 46

NEW for Girls

NEW for boys

I. Blue Sky Wind Jacket
100% crinkled nylon taffeta with 600 mm coating, combo jersey/taffeta lining, on seam pockets, tipped rib collar, covered elastic cuffs, embroidered Reebok vector logo front and back, black and white screened USA Gymnastics with stars on front (light blue/black/white)
#31150 Q49 $17.95
Girls: YXL / YL / YM / YS

J. Blue Sky V-Neck Top
100% cotton jersey, 5.5 oz., rib collar, front embroidered Reebok vector logo, black and white USA Gymnastics with stars screened on front (light blue/ash gray/white)
#11450 Q49 $14.00
Girls: YXL / YL / YM / YS

K. Blue Sky Sports Shorts
100% crinkled nylon taffeta, elastic waistband, embroidered Reebok vector logo, black and white screened USA Gymnastics with stars on front
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Girls: YXL / YL / YM / YS

L. Navy Fleece Pullover
100% polyester plush pile fleece, 100% crinkled nylon taffeta yoke and binding at collar and pocket welt, rib cuffs, on seam pockets, white embroidered USA Gymnastics and Reebok vector logo on front. (navy/red/white)
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YXL / YL / YM / YS

M. Mineral Blue Wind Jacket
100% crinkled nylon taffeta, welt pockets, embroidered Reebok vector logo, and white screened USA Gymnastics on front
(mineral blue/black/white)
#33140 Q67 $17.95
YM/YS

N. Mineral Blue Top
100% polyester dazzle, rib collar, front embroidered vector logo, and black screen USA Gymnastics on back
(mineral blue/black)
#11450 Q67 $14.00
YXL / YL / YM / YS

O. White Mock USA Gymnastics Tee
100% cotton, lower left front embroidered Reebok vector logo, purple and red USA Gymnastics screened on front
#41652 005 $14.00
YXL / YL / YM / YS

P. Ash Mock USA Gymnastics Tee
100% cotton, lower left front embroidered vector logo, navy & red USA Gymnastics screened on front
#41652 41 $14.00
YXL / YL / YM / YS

Q. Navy Hooded Sweatshirt
50/50 cotton/polyester 9 oz., rib cuffs and waist band, front pouch pocket, left chest embroidered Reebok logo, and USA Gymnastics screened in white on back
#14450 T19 $24.95
YXL / YL / YM / YS

R. Ash Embroidered USA Gymnastics "10" Tee
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#41653 41 $14.00
YXL / YL / YM

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S USA Gymnastics Mouse Pad
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#5006 $4.00

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X USA Gymnastics Static Sticker
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#1999 CAL $12.00

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100% nylon black with burgundy & white screened USA Gymnastics logo two way zipper adjustable shoulder straps and white embroidered lookbook vector logo
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#5007 $6.50

2. USA Gymnastics Logo Pin
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#4300 $2.50

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#1999 PEO $12.00
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4. General Gymnastics Tee
White 100% cotton tee with General Gymnastics logo on front (red/blue)
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5 General Gymnastics Button
General Gymnastics logo (red/blue)
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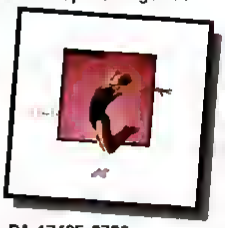

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